



BREAKFAST

Served with Milk, Juice, and Fruit

ALL MENU ITEMS SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

LUNCH

Served with Milk, Fruit and Salad Bar



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate



Monday

Reading the Menu:
Breakfast is in *Italic*
Lunch is in **BOLD**

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

7

Cereal, Poptart, Pears 8

Spaghetti with Meatballs, Texas Toast, Broccoli, Pineapple

Strawberry Bagel, Applesauce 9

Popcorn Chicken, Mashed Potatoes, Pea's, Mandarin Orange

Yogurt, Elf Grahams, Peaches 10

Chef Salad with Fixings, Breadsticks, Baby Carrots. Apple

Cereal, Jungle Crackers, Pineapple 11

BBQ's on Bun, Fresh Fruit, Baked Beans

Poptart, String Cheese, Pears 14

Breaded Pork Patty, Mashed Potatoes, Corn, Applesauce

Cereal, Toast, Peaches 15

Tomato Soup, Grilled Cheese, Carrots, Peaches

Muffin, Marble Cheese, Peaches 16

Mac & Cheese, Breadsticks, Fresh Fruit, Broccoli, Birthday Treat

NO SCHOOL 17

NO SCHOOL 18

NO SCHOOL

21

Yogurt Parfait, Strawberries & Blueberries, Granola, Teddy Grahams 22

BBQ Riblet Sandwich, Seasoned Potatoes, Corn, Applesauce

Cereal, Poptart, Applesauce 23

Pizza, California Blend, Mandarin Oranges

Mini Bread Loaf, Marble Cheese Stick, Apple 24

Turkey Roll up, Carrots, Pineapple

Blueberry Twists, Orange Wedges 25

Hot Dog on Bun, Calico Beans, Mixed Fruit

NO SCHOOL

28

Cereal, Darlington Oatmeal Bar, Applesauce 29

Chili, Cinnamon Roll, Green Beans, Peaches

Benefit Bar, Pineapple 30

French Bread, Mariana Sauce, Broccoli, Orange Wedges

Pancakes, Turkey Links, Peaches 31

Hamburgers, Spiral Fries, Applesauce

