BREAKFAST MENU

All grain items served are 100% whole grain. Mini cinis and cereal cup is offered daily. One cup of fruit is offered daily and is required as part of a complete breakfast. Daily fruit offerings include choices of fresh fruit or raisins. Juice Cup offered 2 x per week.

WEEK MONDAY

NEEK

• Mini 0's

Mini Bagels

VEDNESDAY

THURSDAY

THURSDAY

FRIDAY

 Breakfast Sliders Warm Banana Bread

• Pop-Tart®

BREAKFAST NO CHARGE REDUCED BREAKFAST ... NO CHARGE FREE BREAKFAST

\$2.50 LUNCH -----\$0.40 REDUCED LUNCH NO CHARGE

FREE LUNCH \$3.25 ADULT LUNCH

THESDAY MONDAY

• Egg & Cheese Breakfast Sandwich

THESDAY

Pancake & Sausage

on a Stick

NEDNESDAY

Egg & Bacon

Breakfast Pizza

FRIDAY

 Pancake & Sausage **Glazed French Toast** on a Stick

\$0.75-\$1.00 BOTTLED WATER

\$0.50 MILK FRESH FRUIT \$0.75 ASSORTED HEALTHY

\$0-25-\$1-75 SNACKS ASSORTED HEALTHY \$0.50-\$1.75 BEVERAGES

A school lunch is made up of a minimum of 3, not more than 5, meal components. Those components are defined as 1 fruit serving, 1 vegetable serving, 1 milk serving, 1 grain serving and 1 serving of protein. Fresh chef salads are available daily and are a main choice for a complete meal. All fresh apples purchased for the school cafeteria are locally grown and purchased year around from Arrowhead Orchards!

LUNGH MEAL CALENDAR



August '16

S M T W T F S

October '16

SMTWTFS

December '16

SMTWTFS

12 13 14 15 16 19 20 21 22 23

26 27 28 29 30 31

10 11 12 13 17 18 19 20 24 25 26 27



September '16

November '16

SMTWTFS

7 8 9 10 11 12 14 15 16 17 18 19 21 22 23 24 25 26 28 29 30

MTWTFS



WEEK

MONDAY

- Beefy Soft Taco / Salsa
- Chicken Patty on Bun Cheesy Refried Beans
- Vegetable Juice
- Chilled Pineapple Cup

MONDAY

Beefy Nachos &

Cheese / Salsa

Hot Dog on Bun

Spicy Black Beans

Carrots & Dip

Chilled Pineapple Cup

Seasonal Fresh Fruit

Seasonal Fresh Fruit

THESDAY

- Chicken Nuggets Cheeseburger on Bun
- Baked Oven Fries
- Harvest Bar
- Elf® Grahams

Baked Chicken & Biscuit

Rib Patty Sandwich

Sweet Corn

Harvest Bar

THESDAY

- Cherry Blossom Chicken & Rice Mini Chef Salad
- Roasted Garbanzo
 - Beans Applesauce Cup

VEDNESDAY

Cheesy Breadstick

& Marinara

Seasonal Fresh Fruit

THURSDAY

- Pepperoni or Cheese
- Pizza Slice Mini Corn Dog Nuggets
- Carrots & Dip
 - Harvest Bar

THURSDAY

Mac & Cheese with WG Pretzel

FRIDAY

- Italian Calzone Green Beans
- Celery and
- Sunbutter Dip 100% Fruit Slushy
- Seasonal Fresh Fruit
- WG Cookie

FRIDAY Pancake & Sausage

THESDAY NEDNESDAY

- Orange Chicken & Brown Rice
 - Wing Basket and Pretzel
 - Steamed Broccoli
- Pumpkin pudding Sweet Mandarin

NEDNESDAY

- **Oranges**
- Seasonal Fresh Fruit Cheez-it®
- Pepperoni or Cheese Pizza Slice

THURSDAY

- Chicken Alfredo & Garlic Bread
- Harvest Bar
- Green Beans

Pepperoni or

Cheese Pizza Slice

Mini Corn

Dog Nuggets

Celery and

Sunbutter

Harvest Bar

- tomato Salad
- 100% Fruit Juice Cup
 - Seasonal Fresh Fruit

• Toasted Cheese /

Tomato Soup

Potato triangles

Cucumber &

WG Cookie

Fish Sandwich

Pasta & Sauce

with Garlic Bread

Mini Chef Salad

Brocolli & Dip

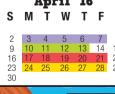
Chilled Pear Cup

Seasonal Fresh Fruit

WG Cookie

FRIDAY

26 27 28

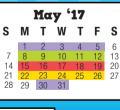




March '16

February '17

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1	l '16						
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9	20	21	22		21	00	



MONDAY

- Chicken Fajita / Salsa Taco Salad Cheesy Refried Beans
- Carrots and Dip • Chilled Pineapple Cup Seasonal Fresh Fruit
- Crispy Chicken Strips Cheeseburger on a Bun
 - Creamy Mashed Potatoes
- - - Cheez-It®

THESDAY

- Harvest bar
- & Brown Rice Cheesy Breadsticks & Sauce
 - Veggie Blend Cucumber and **Tomato Salad**

VEDNESDAY

General Tso Chicken

 100% Fruit Slush Seasonal Fresh Fruit

- Pepperoni or
- Cucumber and

FRIDAY

O

- Cheese Lasagna & Breadstick Spicy Chicken
- Sandwich Mini Chef Salad
- Roasted Garbanzo Beans • Chilled Peach Cup
- Seasonal Fresh Fruit WG Cookie

June '17 MTWTFS 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

WEEK MONDAY

- Quesadilla & Salsa Chicken Drumstick
- and Biscuit Potato Triangle
- Fresh Carrots and Dip Chilled Applesauce Seasonal Fresh Fruit
- Popcorn Chicken & Breadstick
- Hot Dog on a Bun Bold Baked Beans

Harvest bar

- Sweet & Sour Chicken / Brown Rice Cheeseburger
- on a Bun Veggie Juice Steamed Broccoli Sweet Mandarin
 - **Oranges** Seasonal Fresh Fruit

THURSDAY

Cheese Pizza Slice Crispy Chicken Wrap



- Tomato Salad Harvest Bar



