



Breakfast includes cold cereal, toast, fruit and juice. Nonfat flavored or 1 percent unflavored milk is available at breakfast and lunch.  
 Breakfast \$2.00 Lunch \$3.00  
 Adult Breakfast \$2.50 Adult Lunch \$3.65



**Nutrition Tip:** Eating a well-balanced breakfast with many different nutrients can help give you a strong start to the school day. Not only can a good breakfast help you stay focused in school, but also lead to improved academic performance.



### Monday

2

NO SCHOOL

#### Breakfast Wrap

9

Burrito  
 Cheesy Bread  
 Celery Sticks  
 Tator Tots  
 Apple Slices  
 Peaches

16

NO SCHOOL

#### Breakfast Wrap

23

Chicken Nuggets  
 Ravioli  
 Marinated Vegetable Salad  
 Baked Beans  
 Orange Slices or Pineapple

#### Pancake on a Stick

30

Chicken and Noodles  
 Chicken Strips  
 Breadstick  
 Broccoli/Cauliflower  
 Carrots  
 Pear or Applesauce

### Tuesday

3

NO SCHOOL

#### Eggs/Hashbrowns

10

Bosco Stick  
 Ravioli  
 Peppers/Tomatoes  
 Baked Beans  
 Pear  
 Mandarin Oranges

#### Fruit Yogurt Parfait

17

Cheese Pizza  
 Corn Dog  
 Carrot Sticks  
 Sweet Potato Fries  
 Orange Slices or Peaches

#### Eggs/Hashbrowns

24

Bosco Stick  
 Fish Shapes  
 Creamy Cole Slaw  
 Mashed Potatoes  
 Apple Slices or Mixed Fruit

#### Waffles

31

Cheese Pizza  
 Chicken and Rice  
 Salad With Tomatoes  
 Peas  
 Orange Slices or Pineapple  
 Chocolate Chip Cookie

### Wednesday

4

Fruit/Yogurt Parfait  
 Cheese Pizza  
 Meatball Sub Sandwich  
 Mixed Vegetables  
 Baked Beans  
 Applesauce or Peaches

#### French Toast Sticks

11

Lasagna  
 Pork Tenderloin Sandwich  
 Salad With Cucumbers  
 Carrots  
 Banana  
 Applesauce

#### Waffles

18

Nachos Grandes  
 BBQ Pork Sandwich  
 Broccoli/Cauliflower  
 Green Beans  
 Apple Slices or Mandarin Oranges

#### French Toast Sticks

25

Horseshoe  
 Chicken Fajita  
 Carrot/Celery Sticks  
 Corn  
 Kiwi or Peaches  
 Triple Berry Buckle



### Thursday

5

Pancakes  
 Spaghetti/Breadstick  
 Chicken Sandwich  
 Mixed Greens Salad  
 Green Beans  
 Apple Slices or Pineapple  
 Oatmeal Cookie

#### Breakfast Bagel

12

Chicken and Noodles  
 Sloppy Joe  
 Marinated Vegetable Salad  
 Corn  
 Orange Slices or Pineapple  
 Brownie

#### Pancakes

19

BBQ Chicken Wings  
 Chili/Crackers  
 Peppers/Tomatoes  
 Oven Brown Potatoes  
 Grapes or Applesauce  
 Frosted Banana Bar

#### Breakfast Bagel

26

Turkey Bacon Flatbread  
 Taco in a Bag  
 Salad With Tomatoes  
 Mixed Vegetables  
 Banana or Mandarin Oranges

### Friday

6

Muffin  
 Fish Shapes  
 Hot Ham and Cheese  
 Creamy Cole Slaw  
 Carrots  
 Orange Slices  
 Pears

#### Tornado

13

Hamburger  
 Chicken and Rice  
 Mixed Greens Salad  
 Green Beans  
 Grapes  
 Mixed Fruit

#### Muffin

20

Slice Turkey/Breadstick  
 Soft Taco  
 Salad with Tomatoes  
 Mashed Potatoes  
 Banana or Peaches

#### Tornado

27

Hamburger  
 Chicken Sandwich  
 Peppers/Tomatoes  
 Carrots  
 Grapes or Peaches

