



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



Nutrition Tip: The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built. Serve fat-free and low-fat dairy foods. From ages 1–8, children need 2 cups of milk or its equivalent each day. Children ages 9–18 need 3 cups.

Monday

Tuesday

Wednesday

Thursday

Friday



5
 NO SCHOOL

C
Fruit/Yogurt Parfait
 Cheese Pizza
 Hot Ham And Cheese
 Mixed Greens Salad
 Tator Tots
 Kiwi
 Peaches

7
Pancakes
 Spaghetti/Breadstick
 Chicken Sandwich
 Red Pepper Strips
 Green Beans
 Orange Slices
 Applesauce

1
Waffles
 BBQ Chicken Wings
 Macaroni and Cheese
 Peppers/Tomatoes
 Carrots
 Banana
 Pears

2
Tornado
 Turkey Bacon Flatbread
 Chicken Nuggets
 Salad With Tomatoes
 Mixed Vegetables
 Grapes or Mandarin Oranges

12
Breakfast Wrap
 Burrito
 Cheesy Bread
 Celery Sticks
 Sweet Potato Fries
 Strawberries
 Pears

13
Eggs/Hashbrowns
 Bosco Stick
 Ravioli
 Marinated Vegetable Salad
 Baked Beans
 Pear or Mandarin Oranges
 Sugar Cookie

14
French Toast Sticks
 Lasagna
 Pork Tenderloin Sandwich
 Salad With Cucumbers
 Carrots
 Cantaloupe or Peaches

15
 MANAGER'S CHOICE

16
Tornado
 Grilled Cheese Sandwich
 Corn Dog
 Peppers/Tomatoes
 Mashed Potatoes
 Grapes
 Mixed Fruit

19
Muffin
 Pork Rib Sandwich
 Chicken Nuggets
 Salad With Tomatoes
 French Fries
 Kiwi
 Pineapple

20
Fruit/Yogurt Parfait
 Cheese Pizza
 Chicken and Rice
 Carrot Sticks
 Green Beans
 Orange Slices
 Pears

21
Pancakes
 Nachos Grandes
 BBQ Pork Sandwich
 Mexican Bean Dip
 Corn
 Watermelon
 Mandarin Oranges

22
Breakfast Bagel
 Chicken and Noodles
 Sloppy Joe
 Mixed Greens Salad
 Carrots
 Apple Slices or Peaches
 Jello Cake

23
Breakfast Pizza
 Fish Shapes
 Turkey Deli Wrap
 Creamy Coleslaw
 Oven Brown Potatoes
 Strawberries
 Applesauce

26
Breakfast Wrap
 Chicken Quesadilla
 Hamburger
 Mixed Greens Salad
 Carrots
 Pear
 Mixed Fruit

27
Eggs/Hashbrowns
 Bosco Stick
 Fish Shapes
 Creamy Coleslaw
 Mashed Potatoes
 Cantaloupe
 Pineapple

28
French Toast Sticks
 Horseshoe
 Chicken Fajita
 Marinated Vegetable Salad
 Baked Beans
 Banana
 Mandarin Oranges

29
Waffles
 BBQ Chicken Wings
 Tator Tot Casserole
 Breadstick
 Peppers/Tomatoes
 Oven Brown Potatoes
 Grapes or Pears

30
Tornado
 Turkey Bacon Flatbread
 Taco In A Bag
 Salad With Tomatoes
 Green Beans
 Kiwi or Peaches
 Frosted Banana Bar