

Breakfast Menu

Mondays - Breakfast Bar (Apple Blueberry) & Juice Box

Tuesdays - Cereal Bowl, Milk, Craisins

Wednesdays - Choc Muffin, Mandarin Cup, Milk

Thursdays - Mini Maple Waffles, Milk, Fruit Splash Flavored Raisins

Fridays - PopTarts, Banana, Milk



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

NO SCHOOL

2

Tuesday

Hamburger Gravy
Mashed Potatoes
Peas
Basco Sticks
Pineapple

3

Wednesday

Cheeseburger Soup
Carrots
Mixed Fruit
Roll

4

Thursday

Spaghetti
Garlic Bread
Green Beans
Pears

5

Friday

Pizza
Corn
Peaches
Choc Chip Bar

6

BBQ Chicken Flatbread
Corn
Chips
Mandarins

9

Scalloped Potatoes w/ Ham
Green Beans
Cherry Crisp

10

Chicken Alfredo
Normandy Blend
Pineapple
Roll

11

Hotdogs
Baked Beans
Broccoli
Brownies

12

Chef Salad
Cherry Tomatoes
Halos
Kamut Packets
Dirt Cups

13

Taco Salad
Carrots
Vanilla Yogurt
Diced Mangos

16

Beef Strips
Mashed Potatoes & Gravy
Chunky Apples

17

Chili Fritos
Corn
Cookie
Pineapple

18

Chicken Sandwich
Fries
Strawberry Cup
Cookie

19

Tomato Soup
Grilled Cheese
Celery Sticks
Mixed Fruit

20

MS/HS - Meatball Subs
Peas
Peaches
ES - Ravioli
Peas
Peaches

23

Goulash
Corn
Mandarins
Roll

24

Hamburgers
Fries
Grapes
Cake

25

French Bread Pizza
w/ Marinara Sauce
Applesauce

26

Crispitos
Rice Pilaf
Cheese Sauce
Steamed Broccoli
Cookie

27

NO SCHOOL

30

