

		1	2	3
GHS APRIL		Ham, Egg, & Cheese Bagel Sandwich or Apple Frudel	Blueberry Muffin or Food Court Smoothie w/Graham Cracker	NO SCHOOL
		Sloppy Joe w/French fries or Turkey and Cheddar Wrap	Pepperoni or Cheese Pizza or American Sandwich	
6	7	8	9	10
Ultimate Breakfast Cookie or Banana Split Parfait	Breakfast Burrito or Bagel w/Cream Cheese	Ham, Egg, & Cheese Bagel Sandwich or Apple Frudel	Blueberry Muffin or PNW Pear and Orange Smoothie w/Graham Cracker	NO SCHOOL
Cheese/Hamburger w/French Fries or Ham and Cheddar Sandwich	Chicken Burrito Bowl or Chef Salad w/Whole Grain roll	Meatball Sub/wFrench Fries or Turkey and Cheddar Wrap	Chicken Tenders w/French Fries or American Sandwich	
13	14	15	16	17
Ultimate Breakfast Cookie or Strawberry Parfait	Pancake on a Stick or Bagel w/Cream Cheese	Ham, Egg, & Cheese Bagel Sandwich or Apple Frudel	Blueberry Muffin or Wild Blueberry Smoothie w/Graham Cracker	NO SCHOOL
Cheese/Hamburger w/French Fries or Ham and Cheddar Sandwich	Bean and Cheese Burrito or Chef Salad w/Whole Grain Roll	Texas Chili w/Cornbread or Turkey and Cheddar Wrap	Pepperoni or Cheese Pizza or American Sandwich	
20	21	22	23	24
Ultimate Breakfast Cookie or Banana Split Parfait	Ham, Egg & Cheese Sandwich or Bagel w/Cream Cheese	Ham, Egg, & Cheese Bagel Sandwich or Apple Frudel	Blueberry Muffin or Strawberry Banana Smoothie w/Graham Cracker	NO SCHOOL
Cheese/Hamburger w/French Fries or Ham and Cheddar Sandwich	Grande Beef Burrito or Taco Salad w/Tortilla Chips	Frito Pie or Turkey and Cheddar Wrap	Chicken Tenders w/French Fries or American Sandwich	
27	28	29	30	1
Ultimate Breakfast Cookie or Strawberry Parfait Parfait	Breakfast Burrito or Bagel w/Cream Cheese	Ham, Egg, & Cheese Bagel Sandwich or Apple Frudel	Blueberry Muffin or Food Court Smoothie w/Graham Cracker	NO SCHOOL
Cheese/Hamburger w/French Fries or Ham and Cheddar Sandwich	Fiesta Chicken Burrito or Chef Salad w/Whole Grain Roll	Sloppy Joe w/French fries or Turkey and Cheddar Wrap	Pepperoni or Cheese Pizza or American Sandwich	

Everyday Breakfast Choices: Yogurt w/Graham Crackers

Students must choose 3 of 4 Breakfast Items

1 MUST BE FRUIT or Vegetable, A minimum of 1/2 cup

Everyday Lunch Choices: Peanut or Sun Butter and Jelly Sandwich

Students must choose 3 of the 5 components at Lunch and

1 MUST be a 1/2 cup of fruit or vegetable.

Daily Offering Bar features fresh and canned fruits and vegetables daily and two choices of fluid milk.

All grains offered are whole grains.

Breakfast and lunch are available at No Charge to Students

Menu Subject to Change

This institution is an equal opportunity provider.