



**Students must choose 3 of 4 Breakfast Items  
1 MUST BE FRUIT or Vegetable, A Minimum of a  
½ cup**

**Everyday Lunch Choices**

Peanut or Sun Butter & Jelly Sandwich

**Lunch: Students must choose 3 of the 5 components &  
1 Must be a ½ cup of Fruit or Vegetable**

Daily Offering Bar Features: fresh & canned fruits & vegetables daily and 1% white milk or fat free chocolate milk.

All grains offered are whole grain.

**Breakfast and lunch are available at No Charge to Students**

5	6	7	8	9
<b>Breakfast:</b> Apple Frudel w/String Cheese or Yogurt w/Graham Crackers  <b>Lunch:</b> Cheese/Hamburger w/ Fries or Chef Salad w/WG Roll	<b>Breakfast:</b> WG Bagel w/Cream Cheese or Blueberry Smoothie w/Graham Cracker  <b>Lunch:</b> Bean and Cheese Burrito, or Turkey & Cheese Sub	<b>Breakfast:</b> Chocolate Chip Breakfast Round or Yogurt w/Graham Crackers  <b>Lunch:</b> Teriyaki Chicken w/Brown Rice or Crispy Chicken Salad w/WG Roll	<b>Breakfast:</b> Pancake Bites or Strawberry Parfait  <b>Lunch:</b> Cheesy Breadsticks w/Tangy Red Sauce or Ham & Cheese Sub	<b>No School on Friday</b>
12	13	14	15	16
<b>Breakfast:</b> Apple Cinnamon Muffin or Food Court Orange Smoothie w/Graham Crackers  <b>Lunch:</b> Crispy Chicken Sandwich w/Fries or Chef Salad w/WG Roll	<b>Breakfast:</b> Strawberry Cream Cheese Stuffed Bagel or Peachy Parfait  <b>Lunch:</b> Meatball Sub w/Tots or Turkey & Cheese Sub	<b>Breakfast:</b> Breakfast Burrito or Yogurt w/Graham Cracker  <b>Lunch:</b> Chicken Nuggets w/HB Patty or Chef Salad w/WG Roll	<b>Breakfast:</b> Bagel w/Cream Cheese or Apple Frudel  <b>Lunch:</b> Pizza Day! Pepperoni or Cheese Pizza, or Ham & Cheese Sub	<b>No School on Friday</b>
19	20	21	22	23
<b>No School</b>  <b>HAPPY MARTIN LUTHER KING JR. DAY</b>	<b>Breakfast:</b> Yogurt w/Graham Cracker, or Apple Frudel  <b>Lunch:</b> Walking Nachos or Turkey & Cheese Sub	<b>Breakfast:</b> Blueberry Muffin or Strawberry Citrus Smoothie w/Graham Crackers  <b>Lunch:</b> Chicken Soft Taco or Chef Salad w/WG Roll	<b>Breakfast:</b> Pancake Bites or WG Bagel w/Cream Cheese  <b>Lunch:</b> Cheesy Breadsticks w/Tangy Red Sauce or Ham & Cheese Sub	<b>No School on Friday</b>
26	27	28	29	30
<b>Breakfast:</b> Bagel w/Cream Cheese or Ultimate Chocolate Chip Breakfast Round  <b>Lunch:</b> Cheese/Hamburger w/HB Patty or Chef Said w/WG Roll	<b>Breakfast:</b> Strawberry Cream Cheese Stuffed Bagel or Peachy Parfait  <b>Lunch:</b> Texas Chili w/WG Tortilla Chips, or Turkey & Cheese Sub	<b>Breakfast:</b> Food Court Orange Smoothie or Bagel w/Cream Cheese  <b>Lunch:</b> Macaroni and Cheese or Chef Salad w/WG Roll	<b>Breakfast:</b> Yogurt w/Graham Crackers or Apple Frudel  <b>Lunch:</b> Sloppy Joes or Ham & Cheese Sub	<b>No School on Friday</b>

**This institution is an equal opportunity provider.**



**Menu subject to change**