



All students are now entitled to one free breakfast and one free lunch daily.

A meal MUST be complete to be FREE

- All grain products are whole grain rich
- There are no pork products on this menu
- Meals are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

- 1% Milk
- Skim Milk

PLEASE NOTE

- If you have food allergy please speak to your school nurse
- Menu is subject to change

Adult—\$2.95

Food Provided by:
Whitson's Culinary Group



MON	TUE	WED	THU	FRI
<p>2 Stuffed Breadsticks Marinara Dipping Sauce 100% Sun Splash Juice Applesauce</p>	<p>3 Calzone Cheeseburger w/Ketchup Tater Tots Fresh Pear <u>Vegetarian Meal</u> Veggie Burrito Tater Tots Fresh Pear</p>	<p>4 Chicken Nuggets Baked Beans Fresh Orange <u>Vegetarian Meal</u> Falafel Bites, Quinoa Pilaf w/ Black Beans & Tomatoes Fresh Orange</p>	<p>5 Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Banana</p>	<p>6 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Fresh Apple</p>
<p>9 BBQ Chicken w/Rice Baked Beans Fresh Pear <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Pear</p>	<p>10 Salisbury Steak w/ Gravy Roasted Potatoes, WW Bun Fresh Orange <u>Vegetarian Meal</u> Veggie Chili with Corn WW Bread Slice Fresh Orange</p>	<p>11 HALF DAY EARLY DISMISSAL -no lunch served</p>	<p>12 Turkey Hot Dog w/ Ketchup Sweet Potatoes Fresh Banana <u>Vegetarian Meal</u> Egg & Cheese on English Muffin Sweet Potatoes Fresh Banana</p>	<p>13 Galaxy Cheese Pizza Celery Sticks Ranch Dressing Raisins</p>
<p>16 Chicken Tenders w/ Ketchup Roasted Potatoes Applesauce <u>Vegetarian Meal</u> Cheese Quesadilla Street Corn Applesauce</p>	<p>17 Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Pear</p>	<p>18 HALF DAY EARLY DISMISSAL -no lunch served</p>	<p>19 Chicken Breaded Patty w/ BBQ Sauce Baked Beans Fresh Banana <u>Vegetarian Meal</u> Veggie Patty on a Bun Baked Beans Fresh Banana</p>	<p>20 EID AL-FITR SCHOOL CLOSED</p>
<p>23 Adobo Chicken Cilantro Brown Rice Street Corn Fresh Pear <u>Vegetarian Meal</u> Alfredo Pasta w/ Peas WW Bread Fresh Pear</p>	<p>24 Turkey Hot Dog w/ Ketchup Baked Bean Salad Fresh Orange <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Orange</p>	<p>25 Beef Meatballs w/BBQ Sauce Broccoli Fresh Apple <u>Vegetarian Meal</u> Cobb Salad w /Ranch Corn Muffin Fresh Apple</p>	<p>26 Chicken Vegetable Dumplings Fresh Banana <u>Vegetarian Meal</u> Vegetable & Egg Stir Fried Rice Fresh Banana</p>	<p>27 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins</p>
<p>30 Stuffed Breadsticks Marinara Dipping Sauce 100% Sun Splash Juice Applesauce</p>	<p>31 Calzone Cheeseburger w/Ketchup Tater Tots Fresh Pear <u>Vegetarian Meal</u> Veggie Burrito Tater Tots Fresh Pear</p>			