



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
		1 Chicken Nuggets Baked Beans Fresh Orange <u>Vegetarian Meal</u> Falafel Bites, Quinoa Pilaf w/ Black Beans & Tomatoes Fresh Orange	2 SPRING RECESS SCHOOL CLOSED	3 SPRING RECESS SCHOOL CLOSED
6 SPRING RECESS SCHOOL CLOSED	7 SPRING RECESS SCHOOL CLOSED	8 SPRING RECESS SCHOOL CLOSED	9 Turkey Hot Dog w/ Ketchup Sweet Potatoes Diced Pears <u>Vegetarian Meal</u> Egg & Cheese on English Muffin Sweet Potatoes Diced Pears	10 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
13 Chicken Tenders w/ Ketchup Roasted Potatoes Applesauce <u>Vegetarian Meal</u> Cheese Quesadilla Street Corn Applesauce	14 Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Pear	15 Chicken Breaded Patty w/ BBQ Sauce Baked Beans Fresh Orange <u>Vegetarian Meal</u> Veggie Patty on a Bun Baked Beans Fresh Orange	16 Lasagna Roll Up w/ Green Beans Fresh Banana	17 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
20 Meatloaf WW Bun Mashed Potatoes Fresh Pear <u>Vegetarian Meal</u> Alfredo Pasta w/ Peas WW Bread Fresh Pear	21 Turkey Hot Dog w/ Ketchup Baked Bean Salad Fresh Orange <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Orange	22 Beef Meatballs w/BBQ Sauce Broccoli Fresh Apple <u>Vegetarian Meal</u> Cobb Salad w /Ranch Corn Muffin Fresh Apple	23 Teriyaki Chicken Brown Rice w/ Carrots Fresh Banana <u>Vegetarian Meal</u> Vegetable & Egg Stir Fried Rice Fresh Banana	24 Galaxy Cheese Pizza Celery Sticks Ranch Dressing Raisins
27 Stuffed Breadsticks Marinara Dipping Sauce 100% Sun Splash Juice Applesauce	28 Calzone Cheeseburger w/Ketchup Tater Tots Fresh Pear <u>Vegetarian Meal</u> Veggie Burrito Tater Tots Fresh Pear	29 Chicken Nuggets Baked Beans Fresh Orange <u>Vegetarian Meal</u> Falafel Bites, Quinoa Pilaf w/ Black Beans & Tomatoes Fresh Orange	30 Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Banana	