



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 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Fresh Apple
4 French Toast Sticks w/ Scrambled Eggs, Syrup Roasted Sweet Potatoes Fresh Orange	5 Salisbury Steak w/ Gravy Roasted Potatoes, WW Bun Fresh Pear <u>Vegetarian Meal</u> Pasta Alfredo w/ Peas WW Bread Slice Fresh Pear	6 Macaroni & Cheese Broccoli Fresh Apple	7 BBQ Chicken w/Rice Baked Beans Fresh Banana <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Banana	8 Galaxy Cheese Pizza Celery Sticks Ranch Dressing Raisins
11 Cheese Beef Patty w/Ketchup Tater Tots Fresh Apple <u>Vegetarian Meal</u> Egg & Cheese on English Muffin Tator Tots Fresh Apple	12 Stuffed Breadsticks Marinara Dipping Sauce 100% Sun Splash Juice Fresh Orange	13 Chicken Nuggets Baked Beans Fresh Pear <u>Vegetarian Meal</u> Veggie Burger w/ Ketchup Baked Beans Fresh Pear	14 Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Banana	15 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
18 Teriyaki Chicken Brown Rice w/ Carrots Fresh Orange <u>Vegetarian Meal</u> Vegetable & Egg Stir Fried Rice Fresh Orange	19 Turkey Hot Dog w/ Ketchup Baked Bean Salad Fresh Pear <u>Vegetarian Meal</u> Veggie Patty on a Bun Baked Beans Salad Fresh Pear	20 Beef Meatballs w/ Tomato Sauce Spaghetti Broccoli Fresh Apple <u>Vegetarian Meal</u> Cobb Salad w /Ranch Corn Muffin Fresh Apple	21 Chicken Breaded Patty w/ BBQ Sauce Roasted Potatoes Fresh Banana <u>Vegetarian Meal</u> Veggie Burrito Bean & Cheese Roasted Potatoes Fresh Banana	22 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
25 MEMORIAL DAY SCHOOL CLOSED	26 Chicken Tenders w/ Ketchup Roasted Potatoes Strawberry Applesauce <u>Vegetarian Meal</u> Cheese Quesadilla Street Corn Strawberry Applesauce	27 EID AL-ADHA SCHOOL CLOSED	28 Lasagna Roll Up w/ Green Beans Fresh Banana	29 Cheesy Pull Apart Baby Carrots Ranch Dressing Fresh Apple