



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

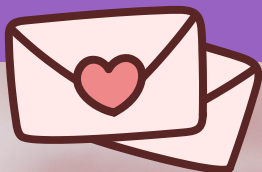
1% Milk  
Skim Milk

#### 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
2 Cheese Beef Patty w/Ketchup Tater Tots Applesauce <u>Vegetarian Meal</u> Veggie Burrito Tater Tots Applesauce	3 Stuffed Breadsticks Marinara Dipping Sauce 100% Sun Splash Juice Fresh Pear	4 Chicken Nuggets Baked Beans Fresh Orange <u>Vegetarian Meal</u> Falafel Bites, Quinoa Pilaf w/ Black Beans & Tomatoes Fresh Orange	5 Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Banana	6 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Fresh Apple
9 BBQ Chicken w/Rice Baked Beans Fresh Pear <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Pear	10 Salisbury Steak w/ Gravy Roasted Potatoes, WW Bun Fresh Orange <u>Vegetarian Meal</u> Veggie Chili with Corn WW Bread Slice Fresh Orange	11 Macaroni & Cheese Broccoli Fresh Apple	12 Turkey Hot Dog w/ Ketchup Sweet Potatoes Fresh Banana <u>Vegetarian Meal</u> Egg & Cheese on English Muffin Sweet Potatoes Fresh Banana	13 Galaxy Cheese Pizza Celery Sticks Ranch Dressing Raisins
16 WINTER RECESS  SCHOOL CLOSED	17 WINTER RECESS  SCHOOL CLOSED	18 WINTER RECESS  SCHOOL CLOSED	19 WINTER RECESS  SCHOOL CLOSED	20 WINTER RECESS  SCHOOL CLOSED
23 Chicken Tenders w/ Ketchup Roasted Potatoes Diced Pears <u>Vegetarian Meal</u> Veggie Patty on a Bun Roasted Potatoes Diced Pears	24 Turkey Hot Dog w/ Ketchup Baked Bean Salad Fresh Orange <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Orange	25 Beef Meatballs w/BBQ Sauce Broccoli Fresh Apple <u>Vegetarian Meal</u> Cobb Salad w /Ranch Corn Muffin Fresh Apple	26 Chicken Vegetable Dumplings Fresh Banana <u>Vegetarian Meal</u> Vegetable & Egg Stir Fried Rice Fresh Banana	27 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins