



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 Tenders w/Ketchup Roasted Potatoes Applesauce <u>Vegetarian Meal</u> Veggie Patty on a Bun Roasted Potatoes Applesauce	2 Cheese Raviolis w/Green Beans Pears	3 Pasta w/Tomato Sauce and Cheese Broccoli Fresh Apple	4 Turkey Hot Dog w/ Ketchup Baked Bean Salad Fresh Banana <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Banana	5 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
8 Adobo Chicken Cilantro Brown Rice Street Corn Fresh Orange <u>Vegetarian Meal</u> Alfredo Pasta WW Bread Slice Peas Fresh Orange	9 Cheese Beef Patty w/ Ketchup Sweet Potatoes Fresh Pear <u>Vegetarian Meal</u> Egg & Cheese on English Muffin Sweet Potatoes Fresh Pear	10 Chicken Nuggets Baked Beans Fresh Apple <u>Vegetarian Meal</u> Falafel Bites, Quinoa Pilaf w/ Black Beans & Tomatoes Fresh Apple	11 BBQ Beef Meatballs WW Club Roll Broccoli Fresh Banana <u>Vegetarian Meal</u> Cobb Salad w/Ranch Dressing Corn Muffin Fresh Banana	12 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
15 Chicken Nuggets Baked Beans Fresh Orange <u>Vegetarian Meal</u> Vegetable and Egg Stir Fried Rice Fresh Orange	16 Salisbury Steak w/ Gravy Roasted Potatoes, WW Bun Fresh Pear <u>Vegetarian Meal</u> Cheese Quesadilla Street Corn Fresh Pear	17 Macaroni & Cheese Broccoli Fresh Apple	18 Chicken Breaded Patty w/ BBQ Sauce Baked Bean Salad Fresh Banana <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Banana	19 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
22 Chicken Tenders Ketchup Roasted Potatoes Applesauce <u>Vegetarian Meal</u> Veggie Patty on a Bun Roasted Potatoes Applesauce	23 Galaxy Cheese Pizza Vegetable & Fruit Punch Diced Pears	24 HOLIDAY RECESS SCHOOL CLOSED	25 HOLIDAY RECESS SCHOOL CLOSED	26 HOLIDAY RECESS SCHOOL CLOSED
29 HOLIDAY RECESS SCHOOL CLOSED	30 HOLIDAY RECESS SCHOOL CLOSED	31 HOLIDAY RECESS SCHOOL CLOSED	1 HOLIDAY RECESS SCHOOL CLOSED	2 HOLIDAY RECESS SCHOOL CLOSED