



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>1 Teriyaki Chicken Brown Rice w/ Carrots Fresh Pear <u>Vegetarian Meal</u> Vegetable & Egg Stir Fried Rice Fresh Pear</p>	<p>2 Turkey Hot Dog w/ Ketchup Baked Bean Salad Fresh Orange <u>Vegetarian Meal</u> Veggie Patty on a Bun Baked Beans Salad Fresh Orange</p>	<p>3 Macaroni & Cheese Broccoli Fresh Apple</p>	<p>4 Chicken Tenders w/ Ketchup Roasted Potatoes Fresh Banana <u>Vegetarian Meal</u> Egg & Cheese on English Muffin Roasted Potatoes Fresh Banana</p>	<p>5 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins</p>
<p>8 Chicken Nuggets Baked Beans Fresh Apple <u>Vegetarian Meal</u> Falafel Bites, Quinoa Pilaf w/ Black Beans & Tomatoes Fresh Apple</p>	<p>9 Stuffed Breadsticks Marinara Dipping Sauce 100% Sun Splash Juice Fresh Pear</p>	<p>10 Salisbury Steak w/ Gravy Roasted Potatoes, WW Bun Fresh Orange <u>Vegetarian Meal</u> Pasta Alfredo w/ Peas WW Bread Slice Fresh Orange</p>	<p>11 General Tso's Chicken Nuggets Broccoli Fresh Banana <u>Vegetarian Meal</u> Cobb Salad w/Ranch Dressing Corn Muffin Fresh Banana</p>	<p>12 HALF DAY EARLY DISMISSAL -no lunch served</p>
<p>15 BBQ Beef Meatballs WW Club Roll Broccoli Fresh Pear <u>Vegetarian Meal</u> Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Pear</p>	<p>16 Cheese Raviolis w/Green Beans Diced Peaches</p>	<p>17 BBQ Chicken w/Rice Baked Beans Fresh Apple <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Apple</p>	<p>18 Cheese Beef Patty w/Ketchup Tater Tots Fresh Banana <u>Vegetarian Meal</u> Veggie Burrito Bean & Cheese Tater Tots Fresh Banana</p>	<p>19 JUNETEENTH SCHOOL CLOSED</p>
<p>22 Teriyaki Chicken Brown Rice w/ Carrots Fresh Apple <u>Vegetarian Meal</u> Vegetable & Egg Stir Fried Rice Fresh Apple</p>	<p>23 Turkey Hot Dog w/ Ketchup Baked Bean Salad Diced Peaches <u>Vegetarian Meal</u> Veggie Patty on a Bun Baked Beans Salad Diced Peaches</p>	<p>24 CHEF'S CHOICE</p>	<p>25 CHEF'S CHOICE</p>	<p>26 LAST DAY OF SCHOOL EARLY DISMISSAL 9:30am</p>
29	30			