



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



5 Calzone Cheeseburger w/Ketchup
Baked Beans Salad
Diced Peaches
Vegetarian Meal
Veggie Patty on a Bun w/Mayonnaise
Baked Beans Salad
Diced Peaches

12
COLUMBUS DAY
SCHOOL CLOSED

19 Chicken w/BBQ Sauce
Rice, Baked Beans
Fresh Pear
Vegetarian Meal
Veggie Patty on a Bun w/Mayonnaise
Baked Beans Salad
Fresh Pear

26 Pasta w/
Tomato Sauce &
Mozzarella Cheese
Broccoli
Fresh Apple

TUE



6 Cheesy Crispy Chicken
Biscuit Sandwich w/Ketchup
Sweet Potatoes
Fresh Apple
Vegetarian Meal
Vegetable & Egg
Stir Fried Rice
Fresh Apple

13 Chicken Empanada Enchilada
Churro Fava Bean Crisps
100% Sun Splash Juice
Fresh Pear
Vegetarian Meal
Spanish Rice w/Cheese and Beans
Fresh Pear

20 Chicken Tenders w/BBQ Sauce
Roasted Potatoes
Diced Peaches
Vegetarian Meal
Egg & Cheese Sandwich w/Ketchup
Roasted Potatoes
Diced Peaches

27 Stuffed Bread Sticks
Marinara Sauce
100% Sun Splash Juice
Fresh Pear

WED



7 Pasta w/
Tomato Sauce &
Mozzarella Cheese
Broccoli
Fresh Pear

14 Mini Corn Dogs & Smiley
Fries w/Ketchup
Fruit Cup Mix
Vegetarian Meal
Toasted Cheese Sandwich w/Ketchup
Tater Tots
Fruit Cup Mix

21 Macaroni & Cheese
Broccoli
Fresh Apple

28 Chicken Nuggets w/Ketchup
Baked Beans
Fruit Cup Mix
Vegetarian Meal
Falafel Bites, Quinoa Pilaf w/Black Beans & Tomatoes
Fruit Cup Mix

THU

1 Salisbury Steak w/ Gravy
Roasted Potatoes, WW Bun
Fresh Banana
Vegetarian Meal
Pasta Alfredo w/ Peas
WW Bread Slice
Fresh Pear

8 French Toast w/
Scrambled Eggs, Syrup
Roasted Potatoes
Fresh Banana

15 Beef Meatballs w/
Tomato Sauce Spaghetti
Broccoli
Fresh Banana
Vegetarian Meal
Cobb Salad w/Ranch
Corn Muffin
Fresh Banana

22 Cheese Raviolis
Green Beans
Fresh Banana

29 Salisbury Steak w/ Gravy
Roasted Potatoes, WW Bun
Fresh Banana
Vegetarian Meal
Pasta Alfredo w/ Peas
WW Bread Slice
Fresh Banana

FRI

2 Galaxy Cheese Pizza
Baby Carrots
Ranch Dressing
Raisins

9 Cheesy Pull Aparts
Baby Carrots
Ranch Dressing
Raisins

16 Galaxy Cheese Pizza
Baby Carrots
Ranch Dressing
Raisins

23 Galaxy Cheese Pizza
Baby Carrots
Ranch Dressing
Raisins

30 Galaxy Cheese Pizza
Baby Carrots
Ranch Dressing
Raisins