



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 HOLIDAY RECESS SCHOOL CLOSED	2 HOLIDAY RECESS SCHOOL CLOSED
5 Stuffed Breadsticks Marinara Dipping Sauce 100% Sun Splash Juice Applesauce	6 Cheese Beef Patty w/ Ketchup Street Corn Fresh Pear <u>Vegetarian Meal</u> Veggie Burrito Street Corn Fresh Pear	7 Chicken Nuggets Baked Beans Fresh Orange <u>Vegetarian Meal</u> Falafel Bites, Quinoa Pilaf w/ Black Beans & Tomatoes Fresh Orange	8 Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Banana	9 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Fresh Apple
12 BBQ Chicken w/Rice Baked Beans Fresh Pear <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Pear	13 Salisbury Steak w/ Gravy Roasted Potatoes, WW Bun Fresh Orange <u>Vegetarian Meal</u> Veggie Chili with Corn WW Bread Slice Fresh Orange	14 Macaroni & Cheese Broccoli Fresh Apple	15 Turkey Hot Dog w/ Ketchup Sweet Potatoes Fresh Banana <u>Vegetarian Meal</u> Egg & Cheese on English Muffin Sweet Potatoes Fresh Banana	16 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
19 MARTIN LUTHER KING DAY SCHOOL CLOSED	20 Chicken Tenders w/Ketchup Roasted Potatoes Applesauce <u>Vegetarian Meal</u> Alfredo Pasta WW Bread Slice Peas Applesauce	21 Lasagna Roll Up w/ Green Beans Fresh Pear	22 Chicken Breaded Patty w/ BBQ Sauce Garden Salad w/ Ranch Fresh Banana <u>Vegetarian Meal</u> Cheese Quesadilla Garden Salad w/Ranch Fresh Banana	23 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Fresh Orange
26 Adobo Chicken Cilantro Brown Rice Street Corn Fresh Pear <u>Vegetarian Meal</u> Veggie Patty on a Bun Roasted Potatoes Fresh Pear	27 Turkey Hot Dog w/ Ketchup Baked Bean Salad Fresh Orange <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Orange	28 Beef Meatballs w/BBQ Sauce Broccoli Fresh Apple <u>Vegetarian Meal</u> Cobb Salad w /Ranch Corn Muffin Fresh Apple	29 Chicken Vegetable Dumplings Fresh Banana <u>Vegetarian Meal</u> Vegetable & Egg Stir Fried Rice Fresh Banana	30 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins