

Director of Food & Nutrition

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National School Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
2 Creamy Mac & Cheese w. Fresh Sliced Bread Seasoned Steamed Broccoli Mandarin Oranges	3 Grilled Cheese & Tomato Soup BBQ Bacon Baked Beans Applesauce	4  Chicken Bacon Ranch Pizza Baked Fries Pears	5 Ham & Cheese Pinwheel Mashed Potatoes Peaches	6 Chipotle Chicken Flatbread Fish Sandwich Crispy Tater Tots Pineapple Tidbits
9 BBQ Rib Sandwich Seasoned Steamed Corn Mixed Fruit	10 Mandarin Orange Chicken Bowl Seasoned Steamed Broccoli Strawberry Applesauce	11  Italian Dunkers Baked Fries Mandarin Oranges Roasted Chickpeas	12 Beef & Cheese Walking Taco w. Dorito & Fresh Sliced Bread Refried Beans Applesauce	13 Spaghetti & Meat Sauce w/ Fresh Bread Seasoned Steamed Mixed Veggie Pears
16 Chicken Alfredo w. Garlic Toast Seasoned Steamed Broccoli Peaches	17  Boneless Chicken Wings w. Pretzel Nuggets BBQ Bacon Baked beans Pineapple Tidbits St. Patricks Day Treat w. Lunch	18 French toast Sticks w. Sausage Patty Crispy Tater Tots Mixed Fruit	19 Beef & Cheese Nachos w. Fresh Bread Seasoned Steamed Corn Strawberry Applesauce	20 General Tso Chicken Bowl Season Steamed Green Beans Mandarin Oranges
23 Corn Dog on a Stick Baked Fries Applesauce	24 Chicken Tikka Masala Burrito Seasoned Steamed Peas Pears	25 Lasagna Roll up w. Garlic Toast Seasoned Steamed Mixed Veggie Peaches	26 Dutch Waffle & Chicken Nuggets BBQ Bacon Baked beans Pineapple tidbits	27 Popcorn Chicken Bowl W/ Fresh Bread Mashed Potatoes Mixed Fruit
30 Meatball Hoagie Baked Fries Strawberry Applesauce	31 Korean BBQ Dumplings Seasoned Steamed Broccoli Mandarin Oranges	National Nutrition Month Fuel your after-school activities with a nutritious lunch.		

THE PIZZERIA

Cheese Pizza - Monday
 Pepperoni Pizza - Tuesdays
 Sausage Pizza - Wednesday
 Buffalo Chicken Pizza - Thursday
 BBQ Chicken - Friday

THE GRILL

Bosco sticks w/ Sauce - Monday
 Chicken Smackers w/ Bread - Tuesday
 Bacon Cheeseburger- Wednesday
 Assorted Chicken Patty - Thursday
 Grilled Hot Dog - Friday

GRAB N' GO

Chicken & Cheese Wrap - Mondays
 Ham & cheese Hoagie - Tuesdays
 Turkey & Cheese Wrap - Wednesdays
 Buffalo Chicken Wrap-Thursdays
 Chicken & Cheese Wrap - Friday

Daily
 Peanut Butter & Jelly Sandwich
 Yogurt Parfait
 Assorted Salads

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

