

Fresh Eats

CAFETERIA

Director of Food & Nutrition
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National School
Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Poodles Eating Noodles - Macaroni & cheese w/ fresh sliced bread</p> <p>Chicken Nuggets w/ Fresh Bread Truffula Tree - Seasoned Steamed Broccoli Thing 1 & Things 2 Applesauce Nacho Munchable Popcorn Chicken Salad</p>	<p>3 Grilled Cheese & Tomato Soup</p> <p>Bosco Sticks w/ Marinara Seasoned Steamed Mixed Vegetables Peaches Nacho Munchable Popcorn Chicken Salad</p>	<p>4 Popcorn Chicken w/ Fresh sliced Bread</p> <p>Cheeseburger Seasoned Steamed Green Beans Pears Nacho Munchable Popcorn Chicken Salad</p>	<p>5 Corn Dog Nuggets</p> <p>Chicken Patty on a bun Seasoned Steamed Green Beans Pineapple Tidbits Nacho Munchable Popcorn Chicken Salad</p>	<p>6 Pepperoni Pizza Cheese Pizza</p> <p>BBQ Baked Beans Mandarin Oranges Nacho Munchable Popcorn Chicken Salad</p>
<p>9 Cheese Ravioli w/ Rosa Bianca & Garlic Toast</p> <p>Chicken Nuggets w/ Fresh Bread Seasoned Steamed Peas Strawberry Applesauce Chicken Nugget Munchable Chef Salad</p>	<p>10 Mandarin Orange Chicken Bowl w/ Fresh Bread</p> <p>Bosco Sticks w/ Marinara Seasoned Steamed Broccoli Pineapple Chicken Nugget Munchable Chef Salad</p>	<p>11 Italian Dunkers</p> <p>Cheeseburger Mashed Potato Peaches Chicken Nugget Munchable Chef Salad</p>	<p>12 Beef & Cheese Walking Taco w/ Fresh Bread</p> <p>Chicken Patty on a Bun Refried Beans Mandarin Oranges Chicken Nugget Munchable Chef Salad</p>	<p>13 Oven Baked Chicken w/ Biscuit</p> <p>Grilled Hot dog Mashed Potatoes Pears Chicken Nugget Munchable Chef Salad</p>
<p>16 Ravioli w/ Rosa Blanca & Garlic Toast</p> <p>Chicken Nuggets w. Fresh Bread Seasoned Steamed Green Beans Applesauce Apple & Peanut Butter Bistro Box Garden Salad</p>	<p>17 Boneless Chicken w/ Pretzel Nuggets</p> <p>Bosco Sticks w. Marinara BBQ Bacon Baked Beans Peaches Apple & Peanut Butter Bistro Box Garden Salad St. Patrick's day Pudding treat</p>	<p>18 French Toast Sticks w. Sausage Patty</p> <p>Cheeseburger Crispy Tater Tots Fruit Juice Apple & Peanut Butter Bistro Box Garden Salad</p>	<p>19 Beef & Cheese Nachos w/ Fresh Bread</p> <p>Chicken Patty On a Bun Seasoned Steamed Corn Mandarin Orange Apple & Peanut Butter Bistro Box Garden Salad</p>	<p>20 Stuffed Crust Pizza</p> <p>Pepperoni Pizza Seasoned Steamed Carrots Pineapple Apple & Peanut Butter Bistro Box Garden Salad</p>
<p>23 Corn Dog on a Stick</p> <p>Chicken Nuggets w. Fresh bread Baked French Fries Peaches Nacho Munchable Popcorn Chicken Salad</p>	<p>24 Chicken Tikka Masala Burrito</p> <p>Bosco Sticks w/ Marinara Seasoned Steamed Broccoli Applesauce Nacho Munchable Popcorn Chicken Salad</p>	<p>25 Lasagna Roll Up w. Garlic Toast</p> <p>Cheeseburger Seasoned Steamed Corn Pears Nacho Munchable Popcorn Chicken Salad</p>	<p>26 Dutch Waffle & Chicken Nuggets</p> <p>Chicken Patty on a Bun BBQ Bacon Baked Beans Strawberry Applesauce Nacho Munchable Popcorn Chicken Salad</p>	<p>27 Popcorn Chicken Bowl w. Fresh Bread</p> <p>Grilled Hot Dog Mashed Potato Mandarin Orange Nacho Munchable Popcorn Chicken Salad</p>
<p>30 Meatball Hoagie</p> <p>Chicken Nuggets w. Fresh Bread Baked French Fries Pineapple Chicken Nugget Munchable Chef Salad</p>	<p>31 Korean BBQ Dumplings</p> <p>Bosco Sticks w. Marinara Seasoned Steamed Broccoli Peaches Bosco Sticks w. Marinara Chef Salad</p>	<p>National Nutrition Month Recharge with a tasty lunch that's also good for you.</p>		

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

ALTERNATE MENU OPTIONS

Yogurt Parfaits
Peanut Butter & Jelly
Sandwich