

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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National School Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Dog on a Bun Peas	3 Cheeseburger on a Bun Broccoli	4 BBQ Rib Sandwich BBQ Baked Beans	5 Popcorn Chicken Bowl Corn	6 Mac n Cheese w/Garlic Toast Stewed Tomatoes
9 Breaded Pork Patty w/Buttered Noodles Green Beans	10 Buffalo Chicken Dipper w/Sliced Bread Broccoli	11 Roasted Breaded Chicken w/Biscuit Mashed Potatoes w/Gravy	12 French Toast Sticks w/Sausage Patties Breakfast Potatoes	13 Fiestada Pizza Carrots
16 Pizza Pasta Bake w/Garlic Toast Green Beans	17 Sweet & Sour Chicken w/Rice Broccoli	18 Salisbury Steak & Gravy w/Biscuit Mashed Potatoes	19 Lasagna Roll Up w/Garlic Toast Broccoli	20 Bosco Sticks w/Sauce Carrots
23 Boneless Wings w/Garlic Toast Green Beans	24 Sloppy Joe on a Bun Corn Act 80 Day- Early Dismissal	25 Chicken & Broccoli Alfredo w/Garlic Toast Broccoli	26 Beef Walking Taco w/Sliced Bread Seasoned Refried Beans	27 Cheese French Bread Pizza Carrots
30 Cheeseburger on a Bun Broccoli	31 Pancakes w/Sausage Breakfast Potatoes	National Nutrition Month Recharge with a tasty lunch that's also good for you.		

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

Breaded Chicken Patty Sandwich
 Hot Dog on a Bun
 Cheeseburger
 Grilled Chicken Sandwich
 Cheese Pizza
 Pepperoni Pizza
 Chef's Salad w/Ham & Turkey