

All Breakfast served with Orange Juice 14g and choice of 1% White, Skim White & Chocolate Skim Milk

STUDENT BREAKFAST IS \$2.30

Each meal must have a fruit and 2 other items.

We reserve the right to change the menu without notice

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

***Breakfast Breaks:** Pop Tart or Cereal, Crackers, and a Juice *Grab&Go*
@ middle/high school only

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Whole Pancakes 15g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

24

Eggo Fruit Loop Waffles 32g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

25

Egg and Roll 23g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

26

Chocolate Chip French Toast 37g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

27

Donut 27g
Or
Cereal 44g
Fruit
Apple Juice 15g
Breakfast Breaks 71g

28

Mini Pancakes 35g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

31

Welcome Back!

Student Must have a Fruit or Vegetable and 2 other components.

Pre Order Chef Salads and Bear Breaks available 5th-8th Grade ONLY

Daily Fruit and Vegetable bar for 5th-8th Grade!
Milk offered daily: 1% White, Skim White, Skim Chocolate. We reserve the right to change the menu

MONDAY

Bear Break: Pizza, or Turkey and Crackers with a fresh fruit or vegetable

Chef Salad: Diced Ham, Cheese, Crackers, Croutons, Fresh Veggies, and ranch dressing. **3**

TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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Bosco Sticks
Peaches
Fresh Fruit
Broccoli
Celery
ALT. Bear Break: Turkey, Cheese and Crackers Kit **24**

Pepperoni Pizza
Cranberries
Fresh Fruit
Cole Slaw
Cauliflower
ALT. Chicken Patty 15g on Bun **31**

Chicken Tetrizzini w/ Crackers
Apple Sauce
Fresh Fruit
Mashed Potatoes
Carrots
1oz Dinner Roll
ALT. Breaded Pork Steak 18g **25**

CornDog
Pears
Fresh Fruit
Romaine Salad
Cucumbers
ALT. Mac N Cheese **26**

Taco 2g on WG Shell
Rasins
Fresh Fruit
Diced Tomatoes
Shredded Lettuce
ALT. Ham and Cheese Wrap **27**

Hotdog on WG Bun Mixed Fruit
Fresh Fruit
Baked Beans
Roasted Chick Peas
ALT. Chicken Strips w/ 1oz Roll **28**

Welcome Back!

Student Must have a Fruit or Vegetable and 2 other components.

PRE ORDERED Chef Salads and Bear Breaks available when ordered by 9:30a.m

Daily Fruit and Vegetable bar

Milk offered daily: 1% White, Skim White, Skim Chocolate. We reserve the right to change the menu

MONDAY

Bear Break: Pizza, or Turkey and Crackers with a fresh fruit or vegetable

Chef Salad: Diced Ham, Cheese, Crackers, Croutons, Fresh Veggies, and ranch dressing. **3**

TUESDAY

4

WEDNESDAY

5

THURSDAY

6

FRIDAY

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Welcome Back!

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21

Bosco Sticks
Peaches
Fresh Fruit
Broccoli
Celery
ALT. Bear Break: Turkey, Cheese and Crackers Kit **24**

Chicken Tetrezenni w/ Crackers
Apple Sauce
Fresh Fruit
Mashed Poatoes
Carrots
1oz WG Dinner Roll
ALT. Breaded Pork Steak **25**

CornDog
Pears
Fresh Fruit
Romaine Salad
Cucumbers
ALT. Mac N Cheese w/ Goldfish **26**

Taco on WG Shell
Raisins
Fresh Fruit
Diced Tomatoes
Shredded Lettuce
Chips and Salsa
ALT. Ham and Cheese Wrap **27**

Hotdog on WG Bun
Mixed Fruit
Fresh Fruit
Baked Beans
Roasted Chick Peas
ALT. Chicken Strips 16g w/ Dinner Roll **28**

Pepperoni Pizza
Cranberries
Fresh Fruit
Cole Slaw
Cauliflower
ALT. Chicken Patty 15g on Bun **31**

	Carb Count		CARB COUNT		CARB COUNT		Carb Count
Mains:		Grains:		Fruits: 1/2c Serving		Vegetables: 1/2c Serving	
Chicken Salad	26g	1oz Roll	15g	Pears	19g	Cucumbers	2g
Mostaccoli Pasta Bake	15g	2oz Roll	22g	Peaches	18g	Carrots	6g
Rib	11g	Hot dog Bun	28g	Pineapple	22g	Celery	1.5g
Corn Dog	30g	Hamburger Bun	26g	Mandarin Oranges	23g	Raddishes	2g
Sweet and Sour Chicken	24g	Teddy Grahams	15g	Tropical Mixed Fruit	14g	Sliced Tomato	3.5g
Soft Pretzel Bites w/ Cheese	31g	Tortilla for Wrap	20g	Mixed Fruit	18g	Shredded Lettuce	2g
Hamburger	2g	Tortilla Chips 1oz	19g	Rasins	30g	Romaine Salad	1.5g
Chicken Nuggets	16g	Pita	38g	Cranberries	28g	Cauliflower	2.6g
Chic' Penne Pasta	44g	Goldfish	14-16g			Broccoli	3g
Mac n Cheese	31.9g	Crackers	5g			Sweet Potato Fries	10g
Beef Nachos	4g	Tortilla for Tacos	15g			French Fries	12g
Queso Blanco	1.3g	Breadstick	15g			Tator Tots	18g
Hot Dog	2g					Roasted Chic Peas	13g
Fish Sticks	23g					Corn	13g
Bosco Sticks	23.5g					Green Beans	3g
Chicken Strips	16g					Peas	12g
Chicken Pita	32g					Refried Beans	22g
Spaghetti	34.24g					Sliced Peppers	4.5g
Chicken Lo Mein	34g					Chop Suey Veggies	5g
PepperJack Filled Pretzels	35g						
Cheese Pizza	34g						
Chicken Patty	15g						
Itlain Meat	5g						
Creamy Cheeseburger Penne	33g						
Carniats	0g						
Ham and Cheese	2g						
Maidrites	1g						