

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

****Pre Order Chef Salads 5th-8th grade and Bear Breaks available 3rd-8th Grade ONLY when ordered by 9:30am**

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

**Labor Day
(No School)**

Bosco Sticks24g
Raddishes
Peas
Peaches
Fresh Fruit
ALT.Chicken Strips

Cheese Pizza
Cucumbers
Celery
Rasins
Fresh Fruit
ALT. Chicken Patty15g on Bun26g

Bosco Sticks24g
Peas
Broccoli
Pears
Fresh Fruit
ALT.Chicken Strips

TUESDAY

Chicken Salad on Roll
Carrtos
Roasted Chic Peas
Peaches
Fresh Fruit
Mostaccioli Pasta Bake

Big Mac Wrap
Tomatoes
Green Beans
Mixed Fruit
Fresh Fruit
ALT.-Chic' Pene Pasta

Chicken Pita
Cucumbers
Romaine Salad
Cranberries
Fresh Fruit
ALT.-Spaghetti

Itlian Wrap
Romain Salad
Sliced Tomatoes
Peaches
Fresh Fruit
ALT.-Creamy Cheese
Burger Penne w/ Roll

Chicken Salad on Roll
Romaine Salad
Cucumbers
Cranberries
Fresh Fruit
ALT.- Maidrite

WEDNESDAY

Mr. Rib on Bun
Sweet Potato Fries
Celery
Pears
Fresh Fruit
ALT. Corn Dog

Chicken Nuggets
Romaine Salad
Cucumbers
Pears
Fresh Fruit
Dinner Roll 1oz
ALT. Mac N Cheese32g

Mr. Rib on Bun
Carrots
Baked Beans
Pears
Fresh Fruit
ALT. Corn Dog

Chicken Nuggets
Green Beans
Broccoli
Pears
Fresh Fruit
ALT. Mac N Cheese32g

Mr. Rib on Bun
Carrots
Raddishes
Peaches
Fresh Fruit
ALT. Corn Dog

THURSDAY

Sweet and Sour Chicken
Romaine Salad
Cucumbers
Pineapple
Fresh Fruit
ALT. Soft Pretzel Bites w/ Cheese

Beef Nachos
Refried Beans
Sliced Peppers
Peaches
Fresh Fruit
ALT.- Queso Blanco and Chips

Chicken Lo Mein
Cauliflower
Chop Suey Vegetables
Tropical Mixed Fruit
Fresh Fruit
ALT. PepperJack filled Soft Pretzels

Carnitas Tacos
Refried Beans
Peppers
Mand. Oranges
Fresh Fruit
ALT. Ham and Cheese Wrap

FRIDAY

Hamburger on Bun
Corn
Broccoli
Mixed Fruit
Fresh Fruit
ALT.-Chicken Nuggets w/ Teddy Grahams

Hotdog2g on WG Bun28g
French Fries
Broccoli
Raisins
Fresh Fruit
ALT.-Fish Sticks

Hamburger on Bun
Broccoli
Roasted Chic Peas
Mixed Fruit
Fresh Fruit
ALT.-Chicken Nuggets w/ Goldfish

Hotdog2g on WG Bun28g
Tator Tots
Cauliflower
Mixed Fruit
Fresh Fruit
ALT.-Fish Sticks

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 fruit Juice

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

**Labor Day
(No School)**

7

Bosco Sticks
Raddishes
Peas
Peaches
Fresh Fruit
ALT. Chicken Strips w/
Crackers **14**

Cheese Pizza
Cucumbers
Celery
Rasins
Fresh Fruit
ALT. Chicken Patty on Bun **21**

Bosco Sticks
Peas
Broccoli
Pears
Fresh Fruit
ALT. Chicken Strips w/
Goldfish **28**

TUESDAY

Chicken Salad on Sandwich
Carrots
Roasted Chic Peas
Peaches
Fresh Fruit
Mostaccioli Pasta Bake **1**

Big Mac Wrap
Tomatoes
Green Beans
Mixed Fruit
Fresh Fruit
ALT.-Chic' Pene Pasta w/
Cheese Stick and Crackers **8**

Chicken Pita
Cucumbers
Romaine Salad
Cranberries
Fresh Fruit
ALT.-Spaghetti w/ Breadstick **15**

Itlian Wrap
Romain Salad
Sliced Tomatoes
Peaches
Fresh Fruit
ALT.-Creamy Cheese
Burger Penne w/ Roll **22**

Chicken Salad Sandwich
Romaine Salad
Cucumbers
Cranberries
Fresh Fruit
ALT.- Maidrite **29**

WEDNESDAY

Mr. Rib on Bun
Sweet Potato Fries
Celery
Pears
Fresh Fruit
ALT. Corn Dog **2**

Chicken Nuggets
Romaine Salad
Cucumbers
Pears
Fresh Fruit
Dinner Roll 1oz
ALT. Mac N Cheese 32g **9**

Mr. Rib on Bun
Carrots
Baked Beans
Pears
Fresh Fruit
ALT. Corn Dog **16**

Chicken Nuggets
Green Beans
Broccoli
Pears
Scooby Snacks
ALT. Mac N Cheese **23**

Mr. Rib on Bun
Carrots
Raddishes
Peaches
Fresh Fruit
ALT. Corn Dog **30**

THURSDAY

Sweet and Sour Chicken w/ Fried Rice
Romaine Salad
Cucumbers
Pineapple
Fresh Fruit
ALT. Soft Pretzel Bites w/ Cheese **3**

Beef Nachos
Refried Beans
Sliced Peppers
Peaches
Fresh Fruit
ALT.- Queso Blanco and Chips **10**

Chicken Lo Mein
Cauliflower
Chop Suey Vegetables
Tropical Mixed Fruit
Fresh Fruit
ALT. PepperJack filled Soft Pretzels **17**

Carnitas Tacos
Refried Beans
Peppers
Mand. Oranges
Fresh Fruit
ALT. Ham and Cheese Wrap **24**

FRIDAY

Hamburger on Bun
Corn
Broccoli
Mixed Fruit
Fresh Fruit
ALT.-Chicken Nuggets w/
Teddy Grahams **4**

Hotdog on WG Bun
French Fries
Broccoli
Raisins
Fresh Fruit
ALT.-Fish Sticks w/ Crackers **11**

Hamburger on Bun
Broccoli
Roasted Chic Peas
Mixed Fruit
Fresh Fruit
ALT.-Chicken Nuggets w/
1oz Roll **18**

Hotdog on WG Bun
Tator Tots
Carrots
Mixed Fruit
Fresh Fruit
ALT.-Fish Sticks w/ Roll **25**

All Breakfast served with Orange Juice 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

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

**Labor Day
(No School)**

7

Whole Pancakes15g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

14

Choc. Chip Pancakes
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

21

Confetti Pancakes
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

28

TUESDAY

Snacking Waffle Maple37g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

1

Trix Muffin50g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

8

Snacking Waffle Blue Berry37g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

15

Cinn. Toast Crunch Muffin57g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

22

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

29

WEDNESDAY

Sausage Pancake Stick18g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

2

Sausage on a Biscuit13
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

9

Omelet and Roll15g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

16

Ham on Bagel29g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

23

Sausage Pancake Stick18g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

30

THURSDAY

French Toast Sticks26g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

3

Cinn. Crunch French Toast44g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

10

French Toast Bites42g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

17

Chocolate Chip French Toast37g
Or
Cereal 44g
Fruit
Breakfast Breaks 71g

24

FRIDAY

Chocolate Cake Donut42g
Or
Cereal 44g
Fruit
Apple Juice15g
Breakfast Breaks 71g

4

Ring Donut42g
Or
Cereal 44g
Fruit
Apple Juice15g
Breakfast Breaks 71g

11

Long John27g
Or
Cereal 44g
Fruit
Apple Juice15g
Breakfast Breaks 71g

18

Cake Donut39g
Or
Cereal 44g
Fruit
Apple Juice15g
Breakfast Breaks 71g

25