

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

3

Breakfast  
Muffin  
Fruit

Lunch  
Swedish Meatballs  
Rice  
Fruit & Vegetable

4

Breakfast  
Sausage & Cheese  
Breakfast Sandwich  
Fruit & Juice

Lunch  
Nachos w/  
Beef and Cheese Sauce  
Black Beans  
Daily Fruit

5

Breakfast  
Breakfast Pizza  
Fruit

Lunch  
Corn Dog  
Smile Fries  
Fruit & Vegetable

6

Breakfast  
Bagel w/ Cream Cheese  
Fruit & Juice

Lunch  
Chili w/ Hot Dog  
Rice  
Fruit & Vegetable

7

Breakfast  
Breakfast on a Stick  
Fruit

Lunch  
Cheese Pizza  
Fruit & Vegetable

A Variety of Fruits and Vegetables are offered weekly including Fresh, Frozen and Canned

10

Breakfast  
Stuffed Bagel  
Fruit

Lunch  
Chicken Alfredo Pasta  
Fruit & Vegetable

11

Breakfast  
Breakfast Sandwich  
w/ Bacon & Egg  
Fruit & Juice

Lunch  
Pork Carnitas  
Spanish Rice  
Black Beans  
Fruit

12

Breakfast  
French Toast Sticks  
Fruit

Lunch  
Salisbury Steak  
w/ Rice  
Fruit & Vegetables

13

Breakfast  
Mini Pancakes  
Fruit & Juice

Lunch  
Breaded Drumstick  
w/ Red Rice  
Fruit & Vegetable

14

Breakfast  
Fried Rice w/ Ham & Egg  
Fruit

Lunch  
Cheesy Breadsticks  
w/ Marinara  
Vegetable & Fruit  
Cookie

Cold Cereal is offered daily (except Tuesday) as a 2nd breakfast Option

17

Breakfast  
Muffin  
Fruit

Lunch  
Teriyaki Burger  
Potato Wedges  
Fruit

18

Breakfast  
Mini Chicken  
Breakfast Sandwich  
Fruit & Juice

Lunch  
Chicken Nuggets  
Rice and Beans  
Daily Fruit

19

Breakfast  
Breakfast Pizza  
Fruit

Lunch  
Orange Chicken  
Rice  
Vegetable  
Daily Fruit

20

Breakfast  
Apple Frudel  
Fruit & Juice

Lunch  
Eggless Loco Moco  
Rice  
Vegetable  
Daily Fruit

21

Breakfast  
Breakfast on a Stick  
Fruit

Lunch  
Pepperoni Pizza  
Vegetable  
Fruit

All meals meet USDA requirements for Healthy, Hunger Free Children

24

Breakfast  
Stuffed Bagel  
Fruit

Lunch  
Breaded Chicken Sandwich  
Vegetables  
Fruit

25

Breakfast  
Sausage & Cheese  
Breakfast Sandwich  
Fruit & Juice

Lunch  
Chicken Taco  
Beans  
Fruit

26

Breakfast  
Cheese Omelet  
Fruit

Lunch  
Pork Rib Patty  
Sandwich  
Fruit & Vegetable

27

Breakfast  
Mini Pancakes  
Fruit & Juice

Lunch  
Bistek  
Rice  
Vegetable & Fruit

28

Breakfast  
Benefit Bar  
Fruit

Lunch  
Popcorn Chicken Bowl  
Mashed Potato & Gravy  
Dinner Roll  
Fruit

At lunch, you are required to take a fruit or vegetable and at least 2 other items (Milk is optional)

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