

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Breakfast Muffin Fruit Lunch Swedish Meatballs or Chicken Nuggets Rice Fruit & Vegetable	4 Breakfast Sausage & Cheese Breakfast Sandwich Fruit & Juice Lunch Nachos with Beef or Pork & Cheese Sauce Black Beans Fruit	5 Breakfast Breakfast Pizza Fruit Lunch Corn Dog or Ham & Cheese Sandwich Smile Fries Fruit	6 Breakfast Bagel w/ Cream Cheese Fruit & Juice Lunch Chili w/ Hot Dog or Teriyaki Beef Dippers Rice Fruit & Vegetable	7 Breakfast Breakfast on a Stick Fruit Lunch Cheese or Pepperoni Pizza Fruit and Vegetable
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Milk is available at all meals: 1% white or Non fat Strawberry or Chocolate

10 Breakfast Stuffed Bagel Fruit Lunch Chicken Alfredo Pasta or Penne with Spaghetti Sauce Fruit & Vegetable	11 Breakfast Bacon & Egg Breakfast Sandwich Fruit & Juice Lunch Pork Carnitas or Chicken Spanish Rice Beans Fruit	12 Breakfast French Toast Sticks Fruit Lunch Salisbury Steak or Corn Dog Rice Fruit & Vegetable	13 Breakfast Mini Pancakes Fruit & Juice Lunch Breaded Drumstick or Popcorn Chicken Red Rice Daily Vegetable Fruit	14 Breakfast Fried Rice Fruit Lunch Cheesy Breadstick w/ Marinara Sauce or Turkey and Cheese Sandwich Vegetable & Fruit Cookie
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Cold Cereal offered every day except Tuesdays as an option for Breakfast (instead of the menu item)

17 Breakfast Muffin Fruit Lunch Teriyaki Burger or Cheese Burger Potato Wedges Fruit	18 Breakfast Breakfast Sandwich w/ Mini Chicken Patty Fruit & Juice Lunch Chicken Nuggets or Pork Carnitas Rice & Beans Fruit	19 Breakfast Breakfast Pizza Fruit Lunch Orange Chicken or General Tso's Chicken Rice Vegetable of the Day Fruit	20 Breakfast Apple Frudel Fruit & Juice Lunch Eggless Loco Moco w/ Rice or Hot Dog Vegetable & Fruit	21 Breakfast Breakfast on a Stick Fruit Lunch Pepperoni or Cheese Pizza Daily Vegetable Fruit
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24 Breakfast Stuffed Bagel Fruit Lunch Breaded Chicken Sandwich Regular or Spicy Vegetables Fruit	25 Breakfast Sausage & Cheese Breakfast Sandwich Fruit & Juice Lunch Chicken or Beef Soft Tacos Beans Fruit	26 Breakfast Cheese Omelet Rice Fruit Lunch Pork Rib Sandwich or BBQ Pork Sandwich Caesar Salad Fruit	27 Breakfast Mini Pancakes Fruit & Juice Lunch Bistek or Chicken Estufao Rice Vegetable Fruit	28 Breakfast Benefit Bar Fruit Lunch Popcorn Chicken Bowl w/ Mashed Potatoes Dinner Roll or Turkey & Cheese Sandwich Fruit
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At Lunch you are required to take either a fruit or Veg (or both) and 2 other components, milk is optional

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