

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

freshpick
for better health
by zander's



1

WELCOME

2

BACK

3

TO SCHOOL

freshpick
for better health
by zander's



Lunch Includes your CHOICE of Fruit or Vegetable (or both)



8

WE MISSED YOU!

9

Breakfast:
Frudel
Fruit

Lunch:
Corn Dog or Teriyaki Burger
Vegetable of the Day
Assorted Fruit

10

Breakfast:
Sausage & Rice
Fruit
Juice

Lunch:
BBQ Chicken Sandwich or
Spicy Chicken Burger
Daily Vegetable
Assorted Fruit

11

Breakfast:
Muffin
Fruit

Lunch:
Cheese Pizza or
Tuna Sandwich
Daily Vegetable
Assorted Fruit

Our Menus follow USDA guidelines for school nutrition serving a variety of whole grains weekly

14

Breakfast:
Benefit Bar
Fruit

Lunch:
Cheese Burger or
Cheesy Breadsticks w/ Marinara
Daily Vegetable
Assorted Fruit

15

Breakfast:
Biscuit Breakfast Sandwich
Fruit & Juice

Lunch:
Pork Tacos or
Beef Tacos
Pinto Beans
Assorted Fruit

16

Breakfast:
Frudel
Fruit

Lunch:
Salisbury Steak w/ Rice or
General Tso's Chicken w/ Rice
Daily Vegetable
Assorted Fruit

17

Breakfast:
Cereal Bar
Fruit
Juice

Lunch:
Bistek w/ Rice or
Chicken Drumstick w/ Rice
Daily Vegetable
Assorted Fruit

18

Breakfast:
Waffles w/ Syrup
Fruit

Lunch:
Fish Sandwich or
Ham and Cheese Sandwich
Vegetable of the Day
Assorted Fruit

Our weekly vegetable servings include a variety from different subgroups

21

Breakfast
Cereal Bar
Fruit

Lunch
Hot Dog or
Chili Dog
Daily Vegetable
Fruit

22

Breakfast
Sausage Biscuit w/ Cheese
Fruit & Juice

Lunch
Beef Taco or
Pork Taco
Black Beans
Fruit

23

Breakfast
Breakfast Pizza
Fruit

Lunch
Orange Chicken w/ Rice or
Sloppy Joe on a Bun
Daily Vegetable
Fruit

24

Breakfast
Mini Pancakes
Fruit & Juice

Lunch
Eggless Loco Moco w/ Rice or
Corn Dog
Daily Vegetable
Assorted Fruit

25

Breakfast
Yogurt & Graham Crackers
Fruit

Lunch
Pepperoni Pizza or
Tuna Sandwich
Daily Vegetable
Assorted Fruit

Milk is OPTIONAL at Lunch time Only (required at breakfast)

28

Breakfast
Stuffed Bagel
Assorted Fruit

Lunch
Spaghetti w/ Meat Sauce or
Chicken Alfredo
Assorted Vegetable
Fruit

29

Breakfast
Breakfast on a Stick
Assorted Fruit & Juice

Lunch:
Pork nachos w/ Cheese Sauce or
Beef Nachos w/ Cheese Sauce
Pinto Beans
Fruit

30

Breakfast:
Fried Rice w/ Ham & Eggs
Fruit

Lunch:
BBQ Pork Sandwich or
Italian Sub Sandwich
Daily Vegetable
Fruit

31

Breakfast
Cereal Bar
Daily Fruit & Juice

Lunch
Chicken Drumstick or
Salisbury Steak
Rice
Vegetable of the Day
Fruit



Menus are subject to change due to product availability

This institution is an equal opportunity provider.