

2022 - 2023

SCHOOL BREAKFAST & LUNCH MENU (M)



WEEK A

MONDAY	Pop-Tart & Banana Chicken/Chik'n Tenders (v) Cheese Stick(v) Mashed Potatoes Honey Carrots Dinner Roll (HS)(v) Apples
TUESDAY	Cereal Bowl & Mixed Fruit Beef Hamburgers/Veg. Burgers(v) Cheese Stick(v) Baked Beans Ranch Baby Carrots Craisins
WEDNESDAY	Mini Cinnis & Fresh Apple BBQ Beef Meatballs/Veg. Meatballs/Meatloaf Cheese Stick(v) Mashed Potatoes Green Peas Mixed Fruit Cup Dinner Rolls (HS)(v)
THURSDAY	Muffin & Applesauce Chicken/Veg. Fried Rice Cheese Stick(v) Broccoli Fresh Pear
FRIDAY	Cereal Bar & Craisins Pizza/Pizza Sticks(v) Baby Carrots w/ Ranch Dip Jello Fruit Cup

WEEK B

MONDAY	Pop-Tart & Banana Sweet & Sassy Chicken Cheese Stick(v) Sweet Potato Mash Green Beans Dinner Roll Craisins
TUESDAY	Cereal Bowl & Mixed Fruit Turkey Sloppy Joes Cheese Stick(v) Broccoli Honey Carrots Apples
WEDNESDAY	Mini Cinnis & Fresh Apple Beef Hot Dogs/Veggie Hot Dogs(v) Cheese Stick(v) Baked Beans Zesty Corn Fruit Salad
THURSDAY	Muffin & Applesauce Grilled Chicken/Chik'n(v) Salad Cheese Stick(v) Pita Bread Fresh Pear
FRIDAY	Cereal Bar & Craisins Pizza/Pizza Sticks(v) Baby Carrots w/ Ranch Dip Jello Fruit Cup

WEEK C

MONDAY	Pop-Tart & Banana Shepherd's Pie Cheese Stick(v) Spinach Dinner Roll Fruit Salad
TUESDAY	Cereal Bowl & Mixed Fruit Turkey Sandwich Baby Carrots w/ Ranch Dip Cheese Stick(v) Chips/Crackers Apples
WEDNESDAY	Mini Cinnis & Fresh Apple Mac & Cheese(v) Broccoli Mixed Fruit Cup
THURSDAY	Muffin & Applesauce BBQ Chicken/BBQ Tofu(v) Cheese Stick(v) Baked Beans Green Beans Dinner Roll Fresh Pear
FRIDAY	Cereal Bar & Craisins Pizza/Pizza Sticks(v) Baby Carrots w/ Ranch Dip Jello Fruit Cup

BREAKFAST IS SERVED WITH JUICE & MILK | LUNCH IS SERVED WITH MILK

MENU SUBJECT TO CHANGE BASED ON AVAILABILITY | V-VEGETARIAN | HS-HIGH SCHOOL | USDA IS AN EQUAL OPPORTUNITY PROVIDER