

# 2022 - 2023

## SCHOOL BREAKFAST & LUNCH MENU (M)



### WEEK A

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

### WEEK B

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

### WEEK C

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