

Weekly Breakfast Menu - Meal rates: \$1.00/meal; (Free or Reduced-rate \$0.30 if qualify)					
Students select 1 main or 2 alternate entrees	Monday	Tuesday	Wednesday	Thursday	Friday
Main Entree:	Flavored Pancakes	Bagel Square w/ flavored filling	Banana Bread	Cinnamon Roll	Soft-filled Cereal Bread Choc/Cinnamon
Alternate Entrees:	Muffin & Cereal	Trix Yogurt & Cereal	Pop Tart & Cereal Bar	Cheese Stick & Cereal	Assorted options
Daily Fruit Choices:	Daily assorted fruit, 100% juice offered daily. Students must select at least 1 fruit side with their meal.				
Daily Milk Choices:	Nonfat & 1% white and nonfat chocolate milk is offered daily. Students are not required to take a milk.				

After selecting the breakfast entree, students select their sides and flavor of milk choice. All students must select at least 1 fruit side. Students need 3 meal items to equal a breakfast. The cashier will ensure a proper meal is selected. If not, the student will be redirected, with the exception of milk only purchases. Milk is sold for \$0.50 each if not with a meal purchase.

Apply for Free and Reduced price meal benefits ONLINE at www.myfreedomcafe.com/deca

Monthly Lunch Menu					
Entree is in bold with daily veggie below. Assorted fruit is offered daily. Baby carrots or celery sticks are offered in addition if only 1 vegetable is listed with entree. Students are offered all items available but only must take 3 of the food groups (grain/meat/veg/fruit/milk) with 1 being either fruit or vegetable for meal rate - \$2.80; Free or Reduced \$0.40)					
Week	Monday	Tuesday	Wednesday	Thursday	Friday
Blue	Boneless Wings w/ Roll & dipping sauce <i>Carrots & Celery,, Fruit & Milk</i>	Bosco Sticks w/ Marinara Cup <i>Romaine Salad, Fruit & Milk</i>	Mashed Potato Bowl <i>Corn, Fruit & Milk</i>	Hot Dog on Bun <i>Baked Beans, Fruit & Milk</i>	Fiestada Pizza <i>Green Beans, Fruit & Milk</i>
Green	Cheeseburger on Bun <i>Tater Tots, Fruit & Milk</i>	Orange Chicken on Rice <i>Peas & Carrots, Fruit & Milk</i>	Sloppy Joe <i>Romaine Salad, Fruit & Milk</i>	Soft Taco w/ Cheese <i>Corn, Salsa & Refried Beans, Fruit & Milk</i>	Stuffed Crust Pizza <i>California Veggie Blend, Fruit & Milk</i>
Red	Chicken Patty Sandwich <i>Broccoli & Cheese, Fruit & Milk</i>	Brunch for Lunch <i>Hash browns, Fruit & Milk</i>	Chicken Drumstick w/ Roll <i>Corn, Fruit & Milk</i>	Corn Dog/Chef's Special <i>Glazed Carrots, Fruit & Milk</i>	BBQ Chix Flatbread <i>Green Beans, Fruit & Milk</i>
Orange	Crispy Chicken Tenders w/ Soft Pretzel <i>Sweet Potato Waffle Fries,, Fruit & Milk</i>	Cheese Bites w/ Marinara Sauce <i>Mixed Veggies, Fruit & Milk</i>	Grilled Chicken & Rice Pilaf <i>Romaine Lettuce w/ Ranch, Fruit & Milk</i>	Taco Meat w/ Tortilla Chips w/ Spanish Rice <i>Salsa & Black Beans, Fruit & Milk</i>	Personal Pizza <i>Green Beans, Fruit & Milk</i>
Daily Alternates K-8	<ul style="list-style-type: none"> Turkey & Cheese Wrap Boxed Salad Uncrustable w/ String Cheese & Crackers *Leftovers from previous day's entree (1st come 1st served) 				

MEAL RATES:

Breakfast-

\$1.00 1st meal; \$0.30 Reduced Rate*

Lunch-

\$2.80 1st meal; \$0.40 Reduced Rate*

\$0.50 Milk Only

*Must qualify annually

USDA is an equal opportunity provider. Apply for free or reduced meals today, once you qualify, eligible all year!

AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER									
Week	M	T	W	Th	F	Week	M	T	W	Th	F	Week	M	T	W	Th	F	Week	M	T	W	Th	F	Week	M	T	W	Th	F
Blue	12	13	14	15	16	Orange	2	3	4	5	6	Orange	1	2	3	4	Orange					1	Blue	2	3	4	5	6	
Green	19	20	21	22	23	Blue	9	10	11	12	13	Blue	7	8	9	10	11	Blue	4	5	6	7	8	Green	9	10	11	12	13
Red	26	27	28	29	30	Green	16	17	18	19	20	Green	14	15	16	17	18	Green	11	12	13	14	15	Red	16	17	18	19	20
Aug 12 - First day of school					Red	23	24	25	26	27	Red	21	22	23	24	25	Red	18	19	20	21	22	23	24	25	26	27		
					Orange	30	Closed Sept. 2 - Holiday					Orange	28	29	30	31	Orange	25	26	27	28	29	30	31					
					Closed Oct. 9 - Teacher Record's Day					Closed: Oct. 10-14 Fall Break & Data Day					Closed: Nov. 27-29 Thanksgiving Holiday					Closed: Dec. 20 - Records Day Dec 23-Jan.3 - Christmas Holiday									
JANUARY					FEBRUARY					MARCH					APRIL					MAY									
Week	M	T	W	Th	F	Week	M	T	W	Th	F	Week	M	T	W	Th	F	Week	M	T	W	Th	F	Week	M	T	W	Th	F
			1	2	3	Orange	3	4	5	6	7	Orange	2	3	4	5	6				1	2	3	Green					1
Orange	6	7	8	9	10	Blue	10	11	12	13	14	Blue	9	10	11	12	13	Red	6	7	8	9	10	Red	4	5	6	7	8
Blue	13	14	15	16	17	Green	17	18	19	20	21	Green	16	17	18	19	20	Orange	13	14	15	16	17	Orange	11	12	13	14	15
Green	20	21	22	23	24	Red	24	25	26	27	28		23	24	25	26	27	Blue	20	21	22	23	24	Blue	18	19	20	21	22
Red	27	28	29	30	31	Closed: Feb. 17 - Holiday					30	31	Closed: March 20 - Teacher Records Day Closed: March 23 - April 3 - Spring Break					Green	27	28	29	30	Green	25	26	27	28	29	
Jan. 6 - Closed DATA day Closed: Jan. 20 - Holiday															Closed: April 6 - DATA Day					Closed: May 25 - Holiday May 29 - Last Day for Students									

Cycle Menu Rotation Key: Color indicates weekly cycle for lunch menu; Bold Days = 1st and last day of school; Gray Color Square = School Closed