Menu Cycle for: School Breakfast Program

Instructions: The SFA is to use this 21-day cycle menu form to save the menus per Campus Level as appropriate. This menu must be used for the first 21-day cycle of the new School Year. *The Excel sheet is unlocked for your use. However, when entering menu items do not alter the sizes of the established column and rows. Do not expand or overflow your menu description into the next day column. If more menu items are required for a day please insert rows for each additional menu item. The SFA can insert as many rows as needed for each day's menu as long as the rows remain within the established column for that day.*

2022-2023 School Year

Campus Level: Pre-Kindergarten Breakfast

1	2	3	4	5
Glazed Donut	Strawberry Poptart	Chicken Biscuit	Mini Pancakes with Syrup	Cereal with Graham Cracker
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
100% Fruit Juice	White Milk	100% Fruit Juice	White Milk	100% Fruit Juice
White Milk		White Milk		White Milk

6	7	8	9	10
Pancake Wrap Stick	Glazed Donut Holes	Pizza, Breakfast	Blueberry Muffin with Cheese Stick	Cereal with Teddy Grahams
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
White Milk	100% Fruit Juice	White Milk	100% Fruit Juice	White Milk
	White Milk		White Milk	

11	12	13	14	15
Yogurt with Graham Cracker	Pancakes with Syrup	Breakfast Sandwich	Waffles with Syrup	Morning Kolache Roll
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
100% Fruit Juice	White Milk	100% Fruit Juice	White Milk	100% Fruit Juice
White Milk		White Milk		White Milk

16	17	18	19	20
Pancake Wrap Stick	Pizzsa, Breakfast	Cinnamon Roll	Chicken Biscuit	Cereal with Graham Cracker
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
White Milk	100% Fruit Fruit	White Milk	100% Fruit Juice	White Milk
	White Milk		White Milk	

21
Breakfast Sandwich
Fresh Fruit
100% Fruit Juice
White Milk

Menu Cycle for: School Breakfast Program

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2022-2023 School Year

Campus Level: Elementary

1	2	3	4	5
Glazed Donut	Strawberry Poptart	Chicken Biscuit	Glazed Donut	Pancake Wrap Stick
Breakfast Pizza	Breakfast Burrito	Wafles with Syrup	Breakfast Sandwich	Egg & Bacon McMuffin
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

6	7	8	9	10
Glazed Donut	Sausage McMuffin	Pizza, Breakfast	Breakfast Sandwich	Egg, Ham, & Cheese Flatbread
Biscuit With Egg & Cheese	Cinnamon Roll	Blueberry Muffin	Pancakes with Syrup	Cinnamon Rol
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

11	12	13	14	15
Glazed Donut	Pancakes with Syrup	Waffles with Syrup	Cinnamon Roll	Pancake on a Stick
Biscuit With Egg & Cheese	Breakfast Burrito	Breakfast Taco	Breakfast Sandwich	Breakfast Pizza
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

16	17	18	19	20
Brakfast Sandwich	Bagel with Egg, Bacon & Cheese	Biscuit with Sausage & Cheese	Morning Kolache Roll	Breakfast Pizza
Pancakes with Syrup	Cinnamon Roll	Apple Cinnamon Muffin	Waffles with Syrup	French Toast Sticks with Syrup
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

21
Chicken Biscuit
Strawberry Poptart
Fresh Fruit
100% Fruit Juice
Variety of Milk

Menu Cycle for: School Breakfast Program

Instructions: The SFA is to use this 21-day cycle menu form to save the menus per Campus Level as appropriate. This menu must be used for the first 21-day cycle of the new School Year. ***The Excel sheet is unlocked for your use. However, when entering menu items do not alter the sizes of the established column and rows. Do not expand or overflow your menu description into the next day column. If more menu items are required for a day please insert rows for each additional menu item. The SFA can insert as many rows as needed for each day's menu as long as the rows remain within the established column for that day.***

2022-2023 School Year

Campus Level: Intermediate

1	2	3	4	5
Glazed Donut	Strawberry Poptart	Chicken Biscuit	Glazed Donut	Pancake Wrap Stick
Breakfast Pizza	Breakfast Burrito	Wafles with Syrup	Breakfast Sandwich	Egg & Bacon McMuffin
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

6	7	8	9	10
Glazed Donut	Sausage McMuffin	Pizza, Breakfast	Breakfast Sandwich	Egg, Ham, & Cheese Flatbread
Biscuit With Egg & Cheese	Cinnamon Roll	Blueberry Muffin	Pancakes with Syrup	Cinnamon Rol
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

11	12	13	14	15
Glazed Donut	Pancakes with Syrup	Waffles with Syrup	Cinnamon Roll	Pancake on a Stick
Biscuit With Egg & Cheese	Breakfast Burrito	Breakfast Taco	Breakfast Sandwich	Breakfast Pizza
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

16	17	18	19	20
Brakfast Sandwich	Bagel with Egg, Bacon & Cheese	Biscuit with Sausage & Cheese	Morning Kolache Roll	Breakfast Pizza
Pancakes with Syrup	Cinnamon Roll	Apple Cinnamon Muffin	Waffles with Syrup	French Toast Sticks with Syrup
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

21
Chicken Biscuit
Strawberry Poptart
Fresh Fruit
100% Fruit Juice
Variety of Milk

Menu Cycle for: School Breakfast Program

Instructions: The SFA is to use this 21-day cycle menu form to save the menus per Campus Level as appropriate. This menu must be used for the first 21-day cycle of the new School Year. ***The Excel sheet is unlocked for your use. However, when entering menu items do not alter the sizes of the established column and rows. Do not expand or overflow your menu description into the next day column. If more menu items are required for a day please insert rows for each additional menu item. The SFA can insert as many rows as needed for each day's menu as long as the rows remain within the established column for that day.***

2022-2023 School Year

Campus Level: Junior High Breakfast

1	2	3	4	5
Glazed Donut	Blueberry Muffine	Donut Holes	Strawberry Poptart with Cheese Stick	Pancake Wrap Stick
Breakfast Pizza	Breakfast Burrito	Biscuit & Sausage	Breakfast Pizza	Breakfast Sandwich
Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:
Cinnamon Toast or Sun Butter	Cinnamon Toast or Sun Butter	Cinnamon Toast or Sun Butter	Cinnamon Toast or Sun Butter	Cinnamon Toast or Sun Butter
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

6	7	8	9	10
Glazed Donut	Biscuit with Egg, Bacon & Cheese	Chocolate Chip Muffin with Yogurt	Waffles with Syrup	Fudge Poptart with String Cheese
Breakfast Burrito	Pancakes with Syrup	Breakfast Pizza	Biscuit Sandwich	Blueberry Parfait with Bug Bites
Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:
Cinnamon Toast or Sun Buter	Cinnamon Toast or Sun Buter	Cinnamon Toast or Sun Buter	Cinnamon Toast or Sun Buter	Cinnamon Toast or Sun Buter
Freah Fruit	Freah Fruit	Freah Fruit	Freah Fruit	Freah Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

11	12	13	14	15
French Toast Sticks	Cinnamon Roll	Strawberry Poptart	Chicken & Waffles with Syrup	Glazed Donut
Egg, Ham & Cheese Flatbread	McMuffin Sandwich	Scrambled Eggs, Hash Browns & Toast	Breakfast Sandwich	Morning Kolache Roll
Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:
Cinnamon Toast or Sun Butter	Cinnamon Toast or Sun Butter	Cinnamon Toast or Sun Butter	Cinnamon Toast or Sun Butter	Cinnamon Toast or Sun Butter
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

16	17	18	19	20
Breakfast Burrito	Pancake Wrap	Cinnamon Roll	French Toast Sticks with Syrup	Yoplait Parfait with Bug Bites
Chocolate Chip Muffin with Yogurt	Sausage & Biscuit	Ham & Cheese Biscuit	Eggs, Bacon & Toast	Breakfast Burger
Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:
Cinnamon Toast or Sun Buter	Cinnamon Toast or Sun Buter	Cinnamon Toast or Sun Buter	Cinnamon Toast or Sun Buter	Cinnamon Toast or Sun Buter
Freah Fruit	Freah Fruit	Freah Fruit	Freah Fruit	Freah Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

21
Chicken & Waffles with Syrup
Breakfast Burrito
Assorted Cereal with choice of:
Cinnamon Toast or Sun Butter
Fresh Fruit
Canned Fruit
100% Fruit Juice
Variety of Milk

Menu Cycle for: School Breakfast Program

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2022-2023 School Year

Campus Level: High School Breakfast

1	2	3	4	5
French Toast Sticks	Glazed Cinnamon Roll	Waffles	Apple Bosco Stick	Banana Muffin
Cheese Omelet, Hash Brown Patty, & Toast	Cheese and Ham Breakfast Roll	Denver Frittata with Toast	Chessy, Ham, Egg & Potato Taco	Cheesy Sausage & Egg Breakfast Burrito
Ham & Cheese Biscuit	Egg, Bacon& Cheddar Flatbread	Egg and Cheese Biscuit	Cheese & Egg Breakfast Burger	Country Chicken Biscuit
Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:
Cinnamon Toast, Chocolate Bear Grahams,	Cinnamon Toast, Honey Graham Squares,	Cinnamon Toast, Chocolate Bear Grahams,	Cinnamon Toast, Honey Graham Squares,	Cinnamon Toast, Chocolate Bear Grahams,
Sun Butter or String Cheese	Sun Butter or Vanilla Yogurt	Sun Butter or String Cheese	Sun Butter or Vanilla Yogurt	Sun Butter or String Cheese
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety Milk	Variety Milk	Variety Milk	Variety Milk	Variety Milk

6	7	8	9	10
Waffles	Blueberry Muffin	Blueberry Muffin	Mini Cinnamon Rolls	Maple Pancakes
Sausage Breakfast Pizza	Scrambled Eggs w/Cheese, Hash Brown Patty & Toast	Cheesy Sausage, Egg & Potato Taco	Bacon, Egg & Cheese Burrito	Country Biscuit & Sausage Gravey
Egg & Cheese English Muffin	Chicken, Egg & Cheese Breakfast Wrap	Egg & Cheese Bagel	Cheesy Egg Breakfast Burger	Egg, Ham & Cheddar Flatbread
Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:
Cinnamon Toast, Chocolate Bear Grahams,	Cinnamon Toast, Honey Graham Squares,	Cinnamon Toast, Chocolate Bear Grahams,	Cinnamon Toast, Honey Graham Squares,	Cinnamon Toast, Chocolate Bear Grahams,
Sun Butter, or String Cheese	Sun Butter, or Vanilla Yogurt	Sun Butter, or String Cheese	Sun Butter, or Vanilla Yogurt	Sun Butter, or String Cheese
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

11	12	13	14	15
Chocolate Muffin	Apple Raisin Muffin Square	Sausage Breakfast Pizza	Maple Pancakes	Glazed Cinnamon Roll
Sausage Kolache	Bacon & Potato Strata	Huervos Rancheros	Cheese & Sausage Breakfast Roll	Cheesy, Bacon, Egg & Potato Taco
Country Chicken Biscuit	Ham & Cheese Biscuit	Sausage & Cheese English Muffin	Egg & Cheese English Muffin	Bacon, Egg & Cheese Biscuit
Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:
Cinnamon Toast, Chocolate Bear Grahams,	Cinnamon Toast, Honey Graham Squares,	Cinnamon Toast, Chocolate Bear Grahams,	Cinnamon Toast, Honey Graham Squares,	Cinnamon Toast, Chocolate Bear Grahams,
Sun Butter or String Cheese	Sun Butter or Vanilla Yogurt	Sun Butter or String Cheese	Sun Butter or Vanilla Yogurt	Sun Butter or String Cheese
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety Milk	Variety Milk	Variety Milk	Variety Milk	Variety Milk

16	17	18	19	20
Bagel with Cream Cheese	Glazed Cinnamon Roll	Mini Cinnamon Rolls	Blueberry Muffin	French Toast Sticks
Sausage Kolache	Cheese & Bacon Quesadilla	Ham & Potato Strata	Sausage Breakfast Pizza	Cheese & Ham Breakfast Roll
Sausage & Cheese Biscuit	Chicken, Egg & Cheese Breakfast Wrap	Cheesy Egg Breakfast Burger	Ham, Egg & Cheddar Flatbread	Egg & Cheese Biscuit
Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:	Assorted Cereal with choice of:
Cinnamon Toast, Chocolate Bear Grahams,	Cinnamon Toast, Honey Graham Squares,	Cinnamon Toast, Chocolate Bear Grahams,	Cinnamon Toast, Honey Graham Squares,	Cinnamon Toast, Chocolate Bear Grahams,
Sun Butter, or String Cheese	Sun Butter, or Vanilla Yogurt	Sun Butter, or String Cheese	Sun Butter, or Vanilla Yogurt	Sun Butter, or String Cheese
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

21
Mini Strawberry Cream Cheese Bagels
Sausage Kolache
Country Chicken Biscuit
Assorted Cereal with choice of:
Cinnamon Toast, Chocolate Bear Grahams,
Sun Butter or String Cheese
Fresh Fruit
Canned Fruit
100% Fruit Juice
Variety Milk

Menu Cycle for: National School Lunch Program

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2022-2023 School Year

Campus Level: Pre-Kindergarten Lunch

1	2	3	4	5
Pepperoni Pizza	Corn Dog	Pulled Port Sandwich with Chips	Cheeseburger	Potato Chicken Bowl with Biscuit
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Fresh or Canned Fruit		Fresh or Canned Fruit		Fresh or Canned Fruit
	100% Fruit Juice		100% Fruit Juice	
White Milk	White Milk	White Milk	White Milk	White Milk

6	7	8	9	10
Chicken Nuggets with Roll	Chicken Fried Steak with Roll	Pepperoni Pizza	Salibury Steak with Roll	Cheeseburger
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
	Fresh or Canned Fruit		Fresh or Canned Fruit	
100% Fruit Juice		100% Fruit Juice		100% Fruit Juice
White Milk	White Milk	White Milk	White Milk	White Milk

11	12	13	14	15
Popcorn Chicken Bowl	Chicken Breaded Drumstick	Pepperoni Pizza	Fish Sticks with Mac & Cheese	Chicken Nuggets
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Fresh or Canned Fruit		Fresh or Canned Fruit		Fresh or Canned Fruit
	100% Fruit Juice		100% Fruit Juice	
White Milk	White Milk	White Milk	White Milk	White Milk

16	17	18	19	20
Chicken Breaded Drumstick	Spaghetti with Meat Sauce	Nachos	Hamburger	Fish Bites
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
	Fresh or Canned Fruit		Fresh or Canned Fruit	
100% Fruit Juice		100% Fruit Juice		100% Fruit Juice
White Milk	White Milk	White Milk	White Milk	White Milk

21
Chicken Tenders with Roll
Hot Vegetable
Fresh Vegetable
Fresh or Canned Fruit
White Milk

Menu Cycle for: National School Lunch Program

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2022-2023 School Year

Campus Level: Elementary

1	2	3	4	5
Cheeseburger	Potato Bowl with Popcorn Chicken	Breaded Chicken Leg with Roll	Pepperoni Pizza	Chicken Patty Sandwich
Ham Chef Salad	Ham & Cheese Sandwich with Pretzels	Chicken Patty Ranch Wrap with Chips	Turkey & Swiss Sandwich with Pretzels	Ham & Cheese Sub with Chips
Turkey & Cheese Sub with Chips	Fruit Salad with Yogurt	Ham Chef Salad	Chef Salad	Chef Ranch Salad
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety Milk	Variety Milk	Variety Milk	Variety Milk	Variety Milk

6	7	8	9	10
Fish Fillet with Mac & Cheese	Chicken Nuggets with Roll	BBQ Chicken with Biscuit	Spaghetti with Meat Sauce	Beef & Bean Nachos
Ham, Turkey & Cheese Wrap	Sunbutter & Jelly Sandwich	Ham & Cheese Sandwhich with Chips	Ham Chef Salad	Chicken Ranch Flatbread with Chips
Ham Chef Salad	Popcorn Chicken Salad	Chef Salad	Turkey & Swiss Wrap with Pretzels	Chef Salad
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety Milk	Variety Milk	Variety Milk	Variety Milk	Variety Milk

11	12	13	14	15
Pizza Sticks	Chicken and Waffle Sandwich	Fish Bites with Mac & Cheese	Chicken Tenders with Garlic Bread	Perpperoni Pizza
Ham & Cheese Sub with Chips	Sunbutter & Jelly Sandwich	Ham Chef Salad	Turkey Chef Salad	Turkey & Cheese Sub with Chips
Popcorn Chicken Salad	Chicken Chef Salad	Turkey & Cheese Wrap	Chicken Ranch Flatbread	Chef Salad
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety Milk	Variety Milk	Variety Milk	Variety Milk	Variety Milk

16	17	18	19	20
Corn Dog	Pulled Pork Sandwich with Chips	Cheeseburger	Potato Chicken Bowl	Chicken Nuggets with Roll
Turkey Chef Salad	Chicken Patty Chef Salad	Make your own Pizza	Turkey & Cheese Sub	Make your own Pizza
Ham & Cheese Wrap	Turkey & Cheese Wrap	Chef Salad	Chef Salad	Chef Salad
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety Milk	Variety Milk	Variety Milk	Variety Milk	Variety Milk

21
Chicken Fried Steak with Roll
Ham Chef Salad
Chicken Ranch Wrap
Hot Vegetable
Fresh Vegetable
Fresh or Canned Fruit
100% Fruit Juice
Variety Milk

Menu Cycle for: National School Lunch Program

Instructions: The SFA is to use this 21-day cycle menu form to save the menus per Campus Level as appropriate. This menu must be used for the first 21-day cycle of the new School Year. ***The Excel sheet is unlocked for your use. However, when entering menu items do not alter the sizes of the established column and rows. Do not expand or overflow your menu description into the next day column. If more menu items are required for a day please insert rows for each additional menu item. The SFA can insert as many rows as needed for each day's menu as long as the rows remain within the established column for that day.***

2022-2023 School Year

Campus Level: Intermediate

1	2	3	4	5
Cheeseburger	Potato Bowl with Popcorn Chicken	Breaded Chicken Leg with Roll	Pepperoni Pizza	Chicken Patty Sandwich
Ham Chef Salad	Ham & Cheese Sandwich with Pretzels	Chicken Patty Ranch Wrap with Chips	Turkey & Swiss Sandwich with Pretzels	Ham & Cheese Sub with Chips
Turkey & Cheese Sub with Chips	Fruit Salad with Yogurt	Ham Chef Salad	Chef Salad	Chef Ranch Salad
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety Milk	Variety Milk	Variety Milk	Variety Milk	Variety Milk

6	7	8	9	10
Fish Fillet with Mac & Cheese	Chicken Nuggets with Roll	BBQ Chicken with Biscuit	Spaghetti with Meat Sauce	Beef & Bean Nachos
Ham, Turkey & Cheese Wrap	Sunbutter & Jelly Sandwich	Ham & Cheese Sandwhich with Chips	Ham Chef Salad	Chicken Ranch Flatbread with Chips
Ham Chef Salad	Popcorn Chicken Salad	Chef Salad	Turkey & Swiss Wrap with Pretzels	Chef Salad
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety Milk	Variety Milk	Variety Milk	Variety Milk	Variety Milk

11	12	13	14	15
Pizza Sticks	Chicken and Waffle Sandwich	Fish Bites with Mac & Cheese	Chicken Tenders with Garlic Bread	Perpperoni Pizza
Ham & Cheese Sub with Chips	Sunbutter & Jelly Sandwich	Ham Chef Salad	Turkey Chef Salad	Turkey & Cheese Sub with Chips
Popcorn Chicken Salad	Chicken Chef Salad	Turkey & Cheese Wrap	Chicken Ranch Flatbread	Chef Salad
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety Milk	Variety Milk	Variety Milk	Variety Milk	Variety Milk

16	17	18	19	20
Corn Dog	Pulled Pork Sandwich with Chips	Cheeseburger	Potato Chicken Bowl	Chicken Nuggets with Roll
Turkey Chef Salad	Chicken Patty Chef Salad	Make your own Pizza	Turkey & Cheese Sub	Make your own Pizza
Ham & Cheese Wrap	Turkey & Cheese Wrap	Chef Salad	Chef Salad	Chef Salad
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety Milk	Variety Milk	Variety Milk	Variety Milk	Variety Milk

21
Chicken Fried Steak with Roll
Ham Chef Salad
Chicken Ranch Wrap
Hot Vegetable
Fresh Vegetable
Fresh or Canned Fruit
100% Fruit Juice
Variety Milk

Menu Cycle for: National School Lunch Program

Instructions: The SFA is to use this 21-day cycle menu form to save the menus per Campus Level as appropriate. This menu must be used for the first 21-day cycle of the new School Year. ***The Excel sheet is unlocked for your use. However, when entering menu items do not alter the sizes of the established column and rows. Do not expand or overflow your menu description into the next day column. If more menu items are required for a day please insert rows for each additional menu item. The SFA can insert as many rows as needed for each day's menu as long as the rows remain within the established column for that day.***

2022-2023 School Year

Campus Level: Junior High Lunch

1	2	3	4	5
Nachos	Chicken Potato Bowl	Chicken Fried Steak with Gravy	Spaghetti with Garlic Bread	Breaded Chicken Drumstick
Ham & Cheese Sub Sandwich	Turkey & Cheese Wrap	Sandwich	Ham, Turkey & Cheese Wrap	Chef Salad
Ham Chef Salad	Chef Salad	Popcorn Chicken Chef Salad	Chef Salad	Ham & Cheese Sandwich
Made to Order Mexican Bar	Made to Order Baked Potato Bar	Made to Order Mexican Bar	Made to Order Baked Potato Bar	Made to Order Mexican Basr
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

6	7	8	9	10
Chicken Fried Steak with Roll	Nachos	Chicken LoMein Noodles Bowl	Chili Fries Bowl	Beef Salisbury Steak with Roll
Ham & Cheese Sub Sandwich	Ham Chef Salad	Chef Salad	Ham, Turkey & Cheese Sub	Ham, Turkey & Cheese Wrap
Ham Chef Salad	Turkey & Cheese Salad	Turkey & Cheese Sub	Chef Salad	Chef Salad
Made to Order Mexican Bar	Made to Order Baked Potato Bar	Made to Order Mexican Bar	Made to Order Baked Potato Bar	Made to Order Mexican Bar
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety Milk	Variety Milk	Variety Milk	Variety Milk	Variety Milk

11	12	13	14	15
BBQ Chicken with Rol	Chicken Spaghetti with Garlic Bread	Salisbury Steak with Roll	Chicken Alfredo with Garlic Bread	Chicken Potato Bowl
Ham Chef Salad	Popcorn Chicken Salad	Turkey & Cheese Wrap	Turkey & Cheese Sub	Fruit Salad with Yogurt
Chicken Ranch Wrap	Turkey & Swiss Sandwich	Chef Salad	Chef Salad	Ham & Cheese Sandwich
Made to Order Mexican Bar	Made to Order Baked Potato Bar	Made to Order Mexican Bar	Made to Order Baked Potato Bar	Made to Order Mexican Bar
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

16	17	18	19	20
Pork Soft Tacos	Pulled Pork BBQ Sandwich	Chicken Spaghetti	Fish Stick with Mac & Cheese	Chicken Drumstick
Breaded Chicken Wrap	Turkey & Cheese Wrap	Turkey & Cheese Sub	Ham & Cheese Wrap	Popcorn Chicken Salad
Ham Chef Salad	Chef Salad	Chicken Ranch Salad	Chef Salad	Turkey & Chees Sandwich
Made to Order Mexican Bar	Made to Order Baked Potato Bar	Made to Order Mexican Bar	Made to Order Baked Potato Bar	Made to Order Mexican Bar
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety Milk	Variety Milk	Variety Milk	Variety Milk	Variety Milk

21
Chili and Cheese Fries
Ham & Cheese Sub
Chef Salad
Made to Order of Mexican Bar
Hot Vegetable
Fresh Vegetable
Side Salad
Fresh Fruit
Canned Fruit
100% Fruit Juice
Variety of Milk

Menu Cycle for: National School Lunch Program

Instructions: The SFA is to use this 21-day cycle menu form to save the menus per Campus Level as appropriate. This menu must be used for the first 21-day cycle of the new School Year. ***The Excel sheet is unlocked for your use. However, when entering menu items do not alter the sizes of the established column and rows. Do not expand or overflow your menu description into the next day column. If more menu items are required for a day please insert rows for each additional menu item. The SFA can insert as many rows as needed for each day's menu as long as the rows remain within the established column for that day.***

2022-2023 School Year

Campus Level: High School Lunch

1	2	3	4	5
Meatballs with Gravy & Rice	Spaghetti Carbonara	Chicken Fried Steak with Gravy	General Tso's Chicken with Vegetables	Chicken Pizza Burger
Ham Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad
Made to Order Deli Bar	Made to Order Deli Bar	Made to Order Deli Bar	Made to Order Deli Bar	Made to Order Deli Bar
Slice of Pizza	Slice of Pizza	Slice of Pizza	Slice of Pizza	Slice of Pizza
Variety Grill Items with French Fries	Variety Grill Items with French Fries	Variety Grill Items with French Fries	Variety Grill Items with French Fries	Variety Grill Items with French Fries
Made to Order Baked Potato Bar	Made to Order Pasta Bar	Made to Order Mexican Bar	Made to Order Baked Potato Bar	Made to Order Pasta Bar
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Baked Cookie		Fresh Baked Cookie	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

6	7	8	9	10
Salisbury Steak with Roll	BBQ Chicken Sandwich	Ranch Chicken Wrap	Chicken Alfredo with Pasta	Meatball Pizza Sub Sandwich
Ham Chef Salad	Ham Chef Salad	Chef Salad	Chef Saled	Chef Salad
Made to Order Deli Bar	Made to Order Deli Bar	Made to Order Deli Bar	Made to Order Deli Bar	Made to Order Deli Bar
Slice of Pizza	Slice of Pizza	Slice of Pizza	Slice of Pizza	Slice of Pizza
Variety Grill Items with French Fries	Variety Grill Items with French Fries	Variety Grill Items with French Fries	Variety Grill Items with French Fries	Variety Grill Items with French Fries
Made to Order Baked Potato Bar	Made to Order Pasta Bar	Made to Order Baked Mexican Bar	Made to Order Baked Potato Bar	Made to Order Pasta Bar
Hot Vegetables	Hot Vegetables	Hot Vegetables	Hot Vegetables	Hot Vegetables
Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Baked Cookie		Fresh Baked Cookie	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

11	12	13	14	15
Meatloaf	Ranch Chicken Wrap	Spaghetii - Carbonara	Chicken Fried Steak	Meatballs with Rice
Ham Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad
Made to Order Deli Bar	Made to Order Deli Bar	Made to Order Deli Bar	Made to Order Deli Bar	Made to Order Deli Bar
Slice of Pizza	Slice of Pizza	Slice of Pizza	Slice of Pizza	Slice of Pizza
Variety Grill Items with French Fries	Variety Grill Items with French Fries	Variety Grill Items with French Fries	Variety Grill Items with French Fries	Variety Grill Items with French Fries
Made to Order Baked Potato Bar	Made to Order Pasta Bar	Made to Order Mexican Bar	Made to Order Baked Potato Bar	Made to Order Pasta Bar
Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable	Hot Vegetable
Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable	Fresh Vegetable
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Baked Cookie		Fresh Baked Cookie	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

16	17	18	19	20
General Tso"s Chicken	Pulled Pork Tacos	Spaghetii with Meat Sauce	Korean Meatball Stew	Bean Burrito with Cheese Sauce
Ham Chef Salad	Chef Salad	Chicken Ranch Salad	Chef Salad	Chef Salad
Made to Order Deli Bar	Made to Order Deli Bar	Made to Order Deli Bar	Made to Order Deli Bar	Made to Order Deli Bar
Slice of Pizza	Slice of Pizza	Slice of Pizza	Slice of Pizza	Slice of Pizza
Variety Grill Items with French Fries	Variety Grill Items with French Fries	Variety Grill Items with French Fries	Variety Grill Items with French Fries	Variety Grill Items with French Fries
Made to Order Baked Potato Bar	Made to Order Pasta Bar	Made to Order Baked Mexican Bar	Made to Order Baked Potato Bar	Made to Order Pasta Bar
Hot Vegetables	Hot Vegetables	Hot Vegetables	Hot Vegetables	Hot Vegetables
Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Baked Cookie		Fresh Baked Cookie	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

21
Chicken Spaghetti
Chef Salad
Made to Order Deli Bar
Slice of Pizza
Variety Grill Items with French Fries
Made to Order Baked Potato Bar
Hot Vegetable
Fresh Vegetable
Side Salad
Fresh Fruit
Canned Fruit
100% Fruit Juice
Variety of Milk

Menu Cycle for: A La Carte Program

Instructions: The SFA is to use this 21-day cycle menu form to save the menus per Campus Level as appropriate. This menu must be used for the first 21-day cycle of the new School Year. ***The Excel sheet is unlocked for your use. However, when entering menu items do not alter the sizes of the established column and rows. Do not expand or overflow your menu description into the next day column. If more menu items are required for a day please insert rows for each additional menu item. The SFA can insert as many rows as needed for each day's menu as long as the rows remain within the established column for that day.***

2022-2023 School Year

Campus Level: Junior High

1	2	3	4	5
Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water
Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%
Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety
Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety
Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety
Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety
Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety
Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety
Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats
Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety
Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety
Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety
Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety
Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety
Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety
Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety
Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety
Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety
Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety
Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety

6	7	8	9	10
Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water
Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%
Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety
Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety
Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety
Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety
Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety
Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety
Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats
Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety
Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety
Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety
Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety
Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety
Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety
Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety
Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety
Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety
Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety
Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety

11	12	13	14	15
Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water
Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%
Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety
Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety
Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety
Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety
Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety
Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety
Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats
Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety
Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety
Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety
Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety
Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety
Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety
Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety
Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety
Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety
Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety
Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety

16	17	18	19	20
Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water
Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%
Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety
Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety
Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety
Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety
Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety
Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety
Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats
Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety
Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety
Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety
Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety
Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety
Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety
Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety
Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety
Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety
Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety
Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety

21
Bottled Water
Capri Sun 100%
Juice - Variety
Sparkling Juice - Variety
Fruit Juice - Variety
Milk - Variety
Fresh Fruit - Variety
Pizza - Variety
Rice Krispie Treats
Baked Chips - Variety
Pretzels - Variety
Crackers - Variety
Cookies - Variety
Nutrigran Bars - Variety
Cereal Bars/Cereal - Variety
Muffins - Variety
Poptarts - Variety
Fruit Snacks - Variety
Ice Cream - Variety
Greek Yogurt - Variety

Menu Cycle for: A La Carte Program

Instructions: The SFA is to use this 21-day cycle menu form to save the menus per Campus Level as appropriate. This menu must be used for the first 21-day cycle of the new School Year. ***The Excel sheet is unlocked for your use. However, when entering menu items do not alter the sizes of the established column and rows. Do not expand or overflow your menu description into the next day column. If more menu items are required for a day please insert rows for each additional menu item. The SFA can insert as many rows as needed for each day's menu as long as the rows remain within the established column for that day.***

2022-2023 School Year

Campus Level: High School

1	2	3	4	5
Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water
Beverages - Variety	Beverages - Variety	Beverages - Variety	Beverages - Variety	Beverages - Variety
Diet Soda - Variety	Diet Soda - Variety	Diet Soda - Variety	Diet Soda - Variety	Diet Soda - Variety
Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%
Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety
Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety
Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety
Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety
Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety
Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety
Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats
Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety
Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety
Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety
Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety
Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety
Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety
Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety
Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety
Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety
Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety
Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety
Assorted Soups	Assorted Soups	Assorted Soups	Assorted Soups	Assorted Soups
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar

6	7	8	9	10
Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water
Beverages - Variety	Beverages - Variety	Beverages - Variety	Beverages - Variety	Beverages - Variety
Diet Soda - Variety	Diet Soda - Variety	Diet Soda - Variety	Diet Soda - Variety	Diet Soda - Variety
Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%
Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety
Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety
Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety
Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety
Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety
Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety
Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats
Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety
Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety
Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety
Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety
Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety
Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety
Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety
Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety
Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety
Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety
Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety
Assorted Soups	Assorted Soups	Assorted Soups	Assorted Soups	Assorted Soups
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar

11	12	13	14	15
Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water
Beverages - Variety	Beverages - Variety	Beverages - Variety	Beverages - Variety	Beverages - Variety
Diet Soda - Variety	Diet Soda - Variety	Diet Soda - Variety	Diet Soda - Variety	Diet Soda - Variety
Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%
Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety
Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety
Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety
Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety
Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety
Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety
Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats
Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety
Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety
Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety

Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety
Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety
Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety
Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety
Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety
Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety
Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety
Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety
Assorted Soups	Assorted Soups	Assorted Soups	Assorted Soups	Assorted Soups
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar

16	17	18	19	20
Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water
Beverages - Variety	Beverages - Variety	Beverages - Variety	Beverages - Variety	Beverages - Variety
Diet Soda - Variety	Diet Soda - Variety	Diet Soda - Variety	Diet Soda - Variety	Diet Soda - Variety
Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%	Capri Sun 100%
Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety	Juice - Variety
Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety	Sparkling Juice - Variety
Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety	Fruit Juice - Variety
Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety
Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety	Fresh Fruit - Variety
Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety
Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats	Rice Krispie Treats
Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety	Baked Chips - Variety
Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety	Pretzels - Variety
Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety	Crackers - Variety
Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety	Cookies - Variety
Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety	Nutrigran Bars - Variety
Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety	Cereal Bars/Cereal - Variety
Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety	Muffins - Variety
Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety	Poptarts - Variety
Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety	Fruit Snacks - Variety
Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety	Ice Cream - Variety
Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety	Greek Yogurt - Variety
Assorted Soups	Assorted Soups	Assorted Soups	Assorted Soups	Assorted Soups
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar

21
Bottled Water
Beverages - Variety
Diet Soda - Variety
Capri Sun 100%
Juice - Variety
Sparkling Juice - Variety
Fruit Juice - Variety
Milk - Variety
Fresh Fruit - Variety
Pizza - Variety
Rice Krispie Treats
Baked Chips - Variety
Pretzels - Variety
Crackers - Variety
Cookies - Variety
Nutrigran Bars - Variety
Cereal Bars/Cereal - Variety
Muffins - Variety
Poptarts - Variety
Fruit Snacks - Variety
Ice Cream - Variety
Greek Yogurt - Variety
Assorted Soups
Salad Bar