

# ALL STUDENTS EAT FOR FREE!!

# Gateway Unified School District

Adult Lunch \$5.75  
 Adult Breakfast \$4.25  
 Milk \$ .50

PLEASE COME AND JOIN US FOR A NUTRITIOUS, HEALTHY BREAKFAST AND LUNCH! WE PROUDLY SERVE FRANZ BREAD ITEMS THAT ARE WHOLE WHEAT AND WHOLE GRAIN WE ALSO PROUDLY SERVE PRODUCER'S MILK AND DAIRY ITEMS

## Buckeye School Of The Arts



NUTRITIONAL INFORMATION AVAILABLE FROM DISTRICT NURSE OR DISTRICT OFFICE, FOOD SERVICE.

STUDENT S CHOOSE MINIMUM OF 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST

(IE. PROTEIN, GRAIN, FRUIT/VEGETABLE, MILK)

2 GRAIN COMPONENTS MAY BE TAKEN

2 FRUIT COMPONENTS MAY BE TAKEN

ANY ITEM MAY BE 2 COMPONENTS

(IE. PROTEIN/GRAIN = 2 GRAIN)

STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE

STUDENT S CHOOSE 3 OF 5 COMPONENTS FOR LUNCH

(IE. PROTEIN, GRAIN, VEGETABLE, FRUIT, MILK)

AN ENTREE ITEM MAY ENCOMPASS 2 COMPONENTS

(IE. PROTEIN/GRAIN)

STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE AT THE MINIMUM; MORE IS ALLOWED AND BOTH ARE ALLOWED

**BREAKFAST INCLUDES FRESH FRUIT and/or JUICE (CANNED FRUIT MAY ALSO BE AVAILABLE)**

Monday	Tuesday	Wednesday	Thursday	Friday
 -----NO SCHOOL-----	3 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> CHICKEN NUGGETS STEAMED CARROTS	4 CHEESE OMELET CINNAMON TOAST SLICE <u>LUNCH</u> HOT DOG W/BUN TOTS	5 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> SPAGHETTI W/MEAT SAUCE GREEN BEANS	6 PANCAKE SAUSAGE ON A STICK <u>LUNCH</u> FRENCH BREAD PIZZA
9 FRENCH TOAST STICKS <u>LUNCH</u> CHICKEN TENDERS STEAMED BROCCOLI	10 ASSORTED COLD CEREALS 1/2 ENGLISH MUFFIN <u>LUNCH</u> BEEFY NACHOS RICE	11 BREAKFAST BURRITO <u>LUNCH</u> SUB SANDWICH SUN CHIPS	12 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> SALSBERRY STEAK MASHED POTATOES GREEN BEANS, ROLL	13 YOGURT PARFAITS (FRT.&GRAN.) FRUIT JUICE <u>LUNCH</u> FRENCH BREAD PIZZA
16 FRENCH TOAST <u>LUNCH</u> POPCORN CHICKEN CURLY NOODLES	17 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> CHICKEN FAJITA SEASONED RICE	18 EGGSTRAVAGANZA CINNAMON TOAST SLICE <u>LUNCH</u> CORN DOG POTATO WEDGES	19 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> HOME MADE CHILI CORNBREAD	20 CINNAMON SWEET ROLL <u>LUNCH</u> ORANGE CHICKEN RICE
23 FRENCH TOAST STICKS <u>LUNCH</u> CHICKEN NUGGETS STEAMED CARROTS	24 ASSORTED COLD CEREALS 1/2 ENGLISH MUFFIN <u>LUNCH</u> BEAN & CHEESE BURRITO POTATO TOTS	25 BREAKFAST WRAP <u>LUNCH</u> BEEF RIB A QUE SAND	26 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> TURKEY W/GRAVY, MASHED POTATOES WW DINNER ROLL CORN	27 PANCAKE SAUSAGE ON A STICK <u>LUNCH</u> FRENCH BREAD PIZZA
30 WAFFLES <u>LUNCH</u> CHICKEN PATTY SAND.  STEAMED CARROTS			SERVING FIVE STAR MEALS 	

CHILLED 1% WHITE MILK AND NONFAT CHOCOLATE MILK & OTHER FLAVORS ARE SEASONAL (no high fructose corn syrup in chocolate milk)  
 ALL MENU'S SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

**LUNCH INCLUDES FRESH FRUIT (CANNED MAY BE AVAILABLE); FRESH SALAD and/or FRESH VEGETABLE(S)**