



All Meals:
Served with choice of white milk, chocolate milk or soy milk

Breakfast:
Served with assorted fruits, milk

Lunch:
Served with assorted fruits & veggies or salad bar, milk

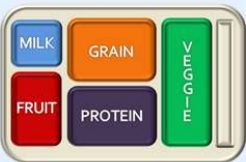
Daily Alternative Options:

Breakfast:
Cereal, fruit, milk

Lunch:
Turkey or Ham Sandwich, fruits, veggies, side dish, milk

What Makes a Lunch?

Select 3-5 Components



One must be a



What Makes A Great Breakfast?

Select 3 Components!



Be sure to choose between



	February 3	4	5	6	7
Breakfast	Pancake on a Stick	Fruit & Yogurt Parfait & UBR	Breakfast Sandwich	Strawberry Shortcake	Scrambled Eggs, Hashbrown, English Muffin
Lunch	Max Stix (Cheese filled Breadsticks) w/ Marinara Dipping Sauce, Roasted Veggies	Spaghetti, Corn Breadsticks	Oven Roasted Chicken, Scalloped Potatoes, Peas, Dinner Roll	BBQ Pulled Pork Sandwich, Coleslaw, Baked Beans	Hoagie Sandwich (Ham or Turkey) OR PB&J Uncrustable, String Cheese, Sun Chips
Breakfast	10	11	12	13	14
Breakfast	Muffins Scrambled Eggs & Yogurt	Biscuits & Gravy	Breakfast Burrito	French Toast Sticks & Sausage	Breakfast Casserole & English Muffin
Lunch	Hot Dog, Baked Beans, Sun Chips	Beef or Chicken Tacos, Refried Beans	Chicken Sandwich, Fries	Hamburger Gravy, Mashed Potatoes, Roasted Broccoli, Breadstick	Pizza, Roasted Cauliflower, Caesar Salad
Breakfast	No School 17	18	19	20	21
Breakfast		Banana Bread & Hard Boiled Eggs	Breakfast Sandwich	Fruit & Yogurt Parfait & UBR	Waffles & Sausage
Lunch		Chicken Nuggets, Ball Park Nachos (Tortilla Chips and Cheese Sauce)	Teriyaki Dippers, Rice, Stir Fry Veggies, Fortune Cookie	Cheeseburger, Fries, Baked Beans	Grilled Cheese Sandwich, Tomato Soup or Chicken Noodle Soup
Breakfast	24	25	Half Day 26	27	28
Breakfast	Muffin, Yogurt & Scrambled Eggs	Biscuits & Gravy	Breakfast Burrito	Pancakes & Sausage	Bagel w/ Cream Cheese & Sausage
Lunch	Mini Corndogs, Coleslaw, Baked Beans	Chili, Baked Potatoes, Dinner Roll	Chicken Cordon Bleu Sandwich, Fries	Super Nachos, Corn Salad	Hoagie Sandwich (Ham or Turkey) OR PB&J Uncrustable, String Cheese, Sun Chips
Breakfast	March 3	4	5	6	7
Breakfast	Pancake on a Stick	Fruit & Yogurt Parfait & UBR	Breakfast Sandwich	Strawberry Shortcake	Scrambled Eggs, Hashbrown, English Muffin
Lunch	Pizza, Roasted Cauliflower, Caesar Salad	Dutch Waffle, Hashbrown Patty, Sausage, Yogurt	Teriyaki Chicken or Meatballs, Oven Fried Rice, Stir Fry Veggie, Fortune Cookie	Popcorn Chicken, Mashed Potatoes, Gravy, Corn, Dinner Roll, Cookie	Macaroni & Cheese, Steamed Broccoli, Garlic Breadsticks

