

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
Principal Month Thank your principal during National Principal Month.		1 BREAKFAST CINNAMON ROLL APPLES LICES LUNCH MACARONI AND CHEESE STEAMED CARROTS DICED FRUIT SNACK GRANOLA BAR	2 BREAKFAST MINI CHOCOLATE CHIP FRENCH TOAST ORANGE WEDGES LUNCH TURKEY & CHEESE HOAGIES CUCUMBER SLICES MIXED FRUIT SNACK WG CHEESE CRACKERS APPLESAUCE	3 BREAKFAST SAUSAGE EGG AND CHEESE SANDWICH MANDARIN ORANGES LUNCH CHEESE PIZZA ASSORTED FRESH VEGETABLES ORANGE WEDGES SNACK ASSORTED MUFFINS
6 BREAKFAST FRENCH TOAST STICK W/ SAUSAGE ASSORTED JUICE LUNCH BREADED CHICKEN SANDWICH ASSORTED FRESH VEGETABLES DICED PEACHES SNACK ASSORTED POPTARTS	7 BREAKFAST STRING CHEESE W/CRACKERS MIXED FRUIT LUNCH CHEESE TORTELLINI W/MARINARA SAUCE ROASTED BROCCOLI ORANGE WEDGES SNACK ASSORTED MUFFINS	8 BREAKFAST MUFFINS APPLE SLICES LUNCH CHEESE QUESADILLA CUCUMBER SLICES MIXED FRUIT SNACK WG CRACKERS APPLESAUCE	9 BREAKFAST CINNAMON ROLL APPLES LICES LUNCH CHEESEBURGER STEAMED CORN MIXED FRUIT SNACK GRANOLA BAR	10 BREAKFAST ASSORTED YOGURT W/ CRACKERS APPLES LICES LUNCH ITALIAN DUNKER (PIZZA STICKS) CUCUMBER SLICES MIXED FRUIT SNACK ASSORTED POPTARTS
13 BREAKFAST CHICKEN PANCAKE WRAP NUGGETS ASSORTED JUICE LUNCH CHICKEN NUGGETS BAKED FRIES ASSORTED FRESH VEGETABLES SNACK ASSORTED POPTARTS	14 BREAKFAST MUFFINS APPLE SLICES LUNCH YOGURT PARFAIT W/FRUIT AND GRANOLA CUCUMBER SLICES SNACK WG CRACKERS APPLESAUCE	15 BREAKFAST FRENCH TOAST STICKS SLICED BANANA LUNCH PIZZA DUNKER MUNCHABLE CARROT STICKS DICED PEACHES SNACK WG CHEESE CRACKERS APPLESAUCE	16 BREAKFAST ASSORTED YOGURT W/CRACKERS MIXED FRUIT LUNCH BAKED PENNE CUCUMBER SLICES ORANGE WEDGES SNACK ASSORTED MUFFINS	17 BREAKFAST MINI CHOCOLATE CHIP FRENCH TOAST MANDARIN ORANGES LUNCH CHEESE PIZZA ASSORTED FRESH VEGETABLES ORANGE WEDGES SNACK CEREAL BAR
20 BREAKFAST CINNAMON ROLLS APPLES LICES LUNCH BREADED CHICKEN SANDWICH ASSORTED FRESH VEGETABLES DICED PEACHES SNACK WG CHEESE CRACKERS APPLESAUCE	21 BREAKFAST SAUSAGE EGG & CHEESE SANDWICH MIXED FRUIT LUNCH TURKEY & CHEESE HOAGIES CUCUMBER SLICES ORANGE WEDGES SNACK GRANOLA BAR	22 BREAKFAST PANCAKES W/SYRUP SLICED BANANA LUNCH CHEESE QUESADILLA CARROT STICKS DICED PEACHES SNACK WG CRACKERS APPLESAUCE	23 BREAKFAST MUFFINS APPLE SLICES LUNCH MAC AND CHEESE CUCUMBER SLICES MIXED FRUIT SNACK CINNAMON BELLY BEARS	24 BREAKFAST BLUEBERRY PANCAKES MIXED FRUIT LUNCH Italian Dunker (Pizza Sticks) STEAMED CARROTS APPLE SLICES SNACK ASSORTED POPTARTS
27 BREAKFAST FRENCH TOAST STICK W/ SAUSAGE ASSORTED JUICE LUNCH BREADED CHICKEN SANDWICH ASSORTED FRESH VEGETABLES DICED PEACHES SNACK ASSORTED POPTARTS	28 BREAKFAST STRING CHEESE W/CRACKERS MIXED FRUIT LUNCH TURKEY & CHEESE SANDWICH ORANGE WEDGES CARROT STICKS SNACK WG CHEESE CRACKERS APPLESAUCE	29 BREAKFAST MUFFINS APPLE SLICES LUNCH PIZZA DUNKER MUNCHABLE CARROT STICKS DICED PEACHES SNACK WG CRACKERS APPLESAUCE	30 BREAKFAST SAUSAGE & CHEESE BISCUIT MIXED FRUIT LUNCH TURKEY & CHEESE HOAGIES CUCUMBER SLICES ORANGE WEDGES SNACK GRANOLA BAR	31 BREAKFAST ASSORTED YOGURT W/CRACKERS MIXED FRUIT LUNCH CHEESE PIZZA ASSORTED FRESH VEGETABLES ORANGE WEDGES SNACK WAFFLE SNAPS

National School
Lunch Week



MILK OPTIONS

Fat Free White, 1% White

LACTOSE FREE AVAILABLE UPON REQUEST