

Director of Food & Nutrition  
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Cost: JH-HS \$3.25, Adults \$4.00

National School Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Grilled Cheeseburger or Hamburger</b> Oven Baked Sweet Potato Fries Fresh Fruit & Vegetable Bar	<b>3</b> <b>Homemade Grilled Cheese</b> Creamy Tomato Soup Fresh Fruit & Vegetable Bar  <i>Broccoli &amp; Cheese Baked Potato</i>	<b>4</b> <b>Beef Soft Taco</b> <b>Grilled Chicken Soft Taco</b> Cheesy Refried Beans Fresh Fruit & Vegetable Bar	<b>5</b> <b>Salisbury Steak w/ Whole Grain Dinner Roll</b> Creamy Mashed Potatoes & Gravy Fresh Fruit & Vegetable Bar  <i>Beef &amp; Cheese Taco Baked Potato</i>	<b>6</b> <b>Homemade Cheese Pizza</b> <b>Homemade Pepperoni Pizza</b> <b>Homemade Tikka Masala Pizza</b> Fresh Steamed Broccoli Fresh Fruit & Vegetable Bar  <b>Breaded Fish Sandwich</b>
<b>9</b> <b>NATIONAL MEATBALL DAY</b> <b>Korean BBQ Meatball Rice Bowl</b> Fresh Steamed Broccoli Fresh Fruit & Vegetable Bar	<b>10</b> <b>Beef &amp; Cheese Nachos</b> <b>Chicken &amp; Cheese Nachos</b> Golden Sweet Corn Fresh Fruit & Vegetable Bar  <i>Chicken &amp; Cheese Taco Baked Potato</i>	<b>11</b> <b>Homemade Macaroni &amp; Cheese</b> <b>Whole Grain Dinner Roll</b> Honey Glazed Carrots Fresh Fruit & Vegetable Bar	<b>12</b> <b>Crispy Chicken Sandwich</b> <b>Spicy Chicken Sandwich</b> Oven Baked Fries Fresh Fruit & Vegetable Bar  <i>BBQ Beef &amp; Cheese Baked Potato</i>	<b>13</b> <b>Homemade Italian Dunkers w/ Marinara Sauce</b> Italian Green Beans Fresh Fruit & Vegetable Bar  <b>Crispy Fish Sticks &amp; Whole Grain Dinner Roll</b>
<b>16</b> <b>Grilled Hot Dog</b> BBQ Baked Beans Fresh Fruit & Vegetable Bar	<b>17</b> <b>Beef Shepherd's Pie w/ Whole Grain Dinner Roll</b> Golden Sweet Corn Fresh Fruit & Vegetable Bar Homemade Shamrock Cookie <i>Broccoli &amp; Cheese Baked Potato</i>	<b>18</b> <b>NATIONAL SLOPPY JOE DAY</b> <b>Homemade Sloppy Joe Sandwich</b> OR <b>Loaded Beef Fries</b> Oven Baked French Fries Fresh Fruit & Vegetable Bar	<b>19</b> <b>Savory Orange Chicken w/ Fluffy Brown Rice</b> Fresh Steamed Broccoli Fresh Fruit & Vegetable Bar  <i>Cheesy Sloppy Joe Baked Potato</i>	<b>20</b> <b>Cinnamon French Toast Sticks w/ Turkey Sausage Links</b> Crispy Tater Tots Fresh Fruit & Vegetable Bar  <b>Breaded Fish Sandwich</b>
<b>23</b> <b>Crispy Chicken Parmesan w/ Penne Pasta</b> Italian Green Beans Fresh Fruit & Vegetable Bar	<b>24</b> <b>Beef Soft Taco</b> <b>Grilled Chicken Soft Taco</b> Cheesy Refried Beans Fresh Fruit & Vegetable Bar  <i>Beef &amp; Cheese Taco Baked Potato</i>	<b>25</b> <b>Southwest Turkey &amp; Mashed Potato Bowl w/ Whole Grain Dinner Roll</b> Sweet Corn Fresh Fruit & Vegetable Bar	<b>26</b> <b>Sweet &amp; Sour Chicken w/ Fluffy Brown Rice</b> Fresh Steamed Broccoli Fresh Fruit & Vegetable Bar  <i>Shredded BBQ Chicken Baked Potato</i>	<b>27</b> <b>Homemade Cheese Pizza</b> <b>Homemade Pepperoni Pizza</b> <b>Veggie Pizza</b> Honey Glazed Carrots Fresh Fruit & Vegetable Bar  <b>Crispy Fish Sticks &amp; Whole Grain Dinner Roll</b>
<b>30</b> <b>Oven Roasted Chicken w/ Biscuit</b> Creamy Mashed Potatoes & Gravy Fresh Fruit & Vegetable Bar	<b>31</b> <b>Cheesy Bosco Sticks w/ Marinara Sauce</b> Fresh Steamed Broccoli Fresh Fruit & Vegetable Bar  <i>Broccoli &amp; Cheese Baked Potato</i>	<b>National Nutrition Month</b> Fuel your after-school activities with a nutritious lunch.		

**THE PIZZERIA**

- Cheese Pizza
- Pepperoni Pizza
- Hot Honey Pizza
- Buffalo Chicken Pizza
- BBQ Chicken Pizza
- Sausage Pizza

**THE GRILL**

**Monday- Wednesday-Friday**

- Turkey Burger
- Cheeseburger

**Tuesday-Thursday**

- Veggie Burger
- BBQ Rib Sandwich
- Fresh Baked Potato

**Oven Baked Fries Offered Daily**

**GRAB N' GO**

- Fresh Made Turkey & Cheese or Ham & Cheese Wraps
- Fresh Made Turkey & Cheese or Ham & Cheese Subs
- Fresh Made Turkey, Ham or Grilled Chicken Chef Salads
- Fruit & Yogurt Parfait w/ Cinnamon Granola

**WHAT MAKES A MEAL?**

You must choose at least 3 of 5 components available for the school lunch price.

- Choice of Meat or Meat Alternate
- Choice of Vegetable, Choice of Fruit\*
- Choice of Grain/Bread, and Choice of Milk

\*Students must choose at least one fruit or vegetable

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**MILK OPTIONS**

Fat Free White, Fat Free Chocolate

**FRUIT & VEGGIE OPTIONS**

- Broccoli Florets | Baby Carrots
- Dark Leafy Greens | Legume Salads
- Celery & Cucumber

\*May choose two 1/2 cup servings

- Crisp Apple | Sliced Peaches | Mixed Fruit
- Fresh Orange | Banana | Pineapple Tidbits
- Diced Pears | Applesauce

\*K-8 may choose up to 1/2 cup serving.  
9th-12th may choose two 1/2 cup servings

**ALTERNATE MENU OPTIONS**

Strawberry or Grape PB&J

