

Fresh Eats

CAFETERIA

Cost: Elementary \$2.75, Milk \$0.50

Director of Food & Nutrition

Kala Geiss | Phone: 419.927.2414 Ext 4010 | Email: kala.geiss@mohawklocal.org

**National School
Breakfast Week**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Cheeseburger or Hamburger Oven Baked Sweet Potato Fries Tropical Fruit Applesauce Cup	3 Homemade Grilled Cheese Creamy Tomato Soup Diced Pears Fresh Apple Slices	4 Beef Soft Taco Grilled Chicken Soft Taco Cheesy Refried Beans Mandarin Oranges Applesauce Cup	5 Salisbury Steak w/ Whole Grain Dinner Roll Creamy Mashed Potatoes & Gravy Diced Peaches Fresh Banana	6 Homemade Cheese Pizza Fresh Steamed Broccoli Mixed Fruit or Pineapple Tidbits Fresh Apple Slices or Applesauce Cup Breaded Fish Sandwich
9 NATIONAL MEATBALL DAY Korean BBQ Meatball Rice Bowl Fresh Steamed Broccoli Tropical Fruit Applesauce Cup	10 Beef & Cheese Nachos Chicken & Cheese Nachos Golden Sweet Corn Mandarin Oranges Applesauce Cup	11 Homemade Macaroni & Cheese Honey Glazed Carrots Mandarin Oranges Applesauce Cup	12 Crispy Chicken Sandwich Oven Baked Fries Tropical Fruit Applesauce Cup	13 Homemade Italian Dunkers w/ Marinara Sauce Italian Green Beans Mixed Fruit or Pineapple Tidbits Fresh Apple Slices or Applesauce Cup Crispy Fish Sticks & Whole Grain Dinner Roll
16 Grilled Hot Dog BBQ Baked Beans Tropical Fruit Applesauce Cup	17 Beef Shepherd's Pie w/ Whole Grain Dinner Roll Golden Sweet Corn Diced Pears Fresh Apple Slices Homemade Shamrock Cookie	18 NATIONAL SLOPPY JOE DAY Homemade Sloppy Joe Sandwich Oven Baked French Fries Diced Peaches Fresh Banana	19 Savory Orange Chicken w/ Fluffy Brown Rice Fresh Steamed Broccoli Diced Pears Fresh Apple Slices	20 Cinnamon French Toast Sticks w/ Turkey Sausage Links Crispy Tater Tots Mixed Fruit or Pineapple Tidbits Fresh Apple Slices or Applesauce Cup Breaded Fish Sandwich
23 Cheesy Lasagna Roll Ups Italian Green Beans Tropical Fruit Applesauce Cup	24 Beef Soft Taco Grilled Chicken Soft Taco Cheesy Refried Beans Diced Pears Fresh Apple Slices	25 Crispy Chicken Nuggets w/ Whole Grain Dinner Roll Creamy Mashed Potatoes & Gravy Mandarin Oranges Applesauce Cup	26 Sweet & Sour Chicken w/ Fluffy Brown Rice Fresh Steamed Broccoli Diced Peaches Fresh Banana	27 Homemade Cheese Pizza Honey Glazed Carrots Mixed Fruit or Pineapple Tidbits Fresh Apple Slices or Applesauce Cup Crispy Fish Sticks & Whole Grain Dinner Roll
30 Oven Roasted Chicken w/ Biscuit Creamy Mashed Potatoes & Gravy Diced Peaches Fresh Banana	31 Cheesy Bosco Sticks w/ Marinara Sauce Fresh Steamed Broccoli Diced Pears Fresh Apple Slices	National Nutrition Month Recharge with a tasty lunch that's also good for you.		

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

MILK OPTIONS

Fat Free White, Fat Free Chocolate

FRUIT & VEGETABLE OPTIONS

Broccoli, Carrots, Beans, Raisins, Sliced Apple Slices, Applesauce, Fruit and Veggie Medley, Diced Peaches, Watermelon, Kiwi, Diced Pineapple, Mandarin Crisp Apples, Diced 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

Fresh Made Turkey or Ham Chef Salad

 Grape or Strawberry PB&J w/ Whole Grain Crackers & String Cheese

