

# Fresh Eats

CAFETERIA

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National School  
 Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
2 Dumplings & Fried Rice Broccoli	3 BBQ Pulled Pork Sandwich Tater Tots	4 Meatball Hoagie Green Beans	5 Walking Taco Steamed Corn	6 Italian Dunkers Carrots
9 Popcorn Chicken Bowl Mashed Potatoes	10 <b>Breakfast</b> French Toast Sticks w/ Sausage Tater Tots	11 Macaroni & Cheese Green Peas	12 Swedish Meatballs w/ Egg Noodles Steamed Broccoli	13 IN-SERVICE DAY NO SCHOOL
16 Teriyaki Dumplings Rice Broccoli	17 <b>ST PATRICK'S DAY</b> Soft Pretzel w/ Cheese Fries	18 BBQ Rib Sandwich Green Beans	19 Beef Tacos Corn	20 Bosco Sticks Carrots
23 Hot Dog Fries	24 Buffalo Chicken Dip Corn	25 Fish Sticks Honey Carrots	26 Spaghetti & Meatballs Green Beans	27 Cheese or Pepperoni Pizza Garden Salad
30 Chicken Tikka Masala w/ Rice Broccoli	31 <b>Breakfast</b> French Toast Sticks w/ Sausage Tater Tots	<b>National Nutrition Month</b> 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, 1% White, Fat Free Chocolate, Fat Free Strawberry

**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**

Daily: Uncrustable  
 Monday: Cheeseburger  
 Tuesday: Spicy Chicken  
 Wednesday: Grilled Cheese  
 Thursday: Chicken Patty Sandwich  
 Friday: Fruit & Yogurt Parfait

USDA is an equal opportunity provider, employer, and lender.  
 Menu subject to change.

