


Director of Food & Nutrition
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National School Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Buffalo Chicken Wrap Assorted Fresh Fruit & Vegetable Choice of Milk	3 Ham & Cheese Bistro Box Assorted Fresh Fruit & Vegetable Choice of Milk	4 Chef Salad w/ Turkey/ham & Sliced bread Assorted Fresh Fruit & Vegetable Choice of Milk	5 Italian Wrap Assorted Fresh Fruit & Vegetable Choice of Milk	6 Ham & Cheese Hoagie Assorted Fresh Fruit & Vegetable Choice of Milk
9 Turkey & Cheese Sandwich Assorted Fresh Fruit & Vegetable Choice of Milk	10 Caesar Salad w/ Chicken & sliced bread Assorted Fresh Fruit & Vegetable Choice of Milk	11 Fruit & Yogurt Parfait w/ Granola & Crackers Assorted Fresh Fruit & Vegetable Choice of Milk	12 Beef & Cheese Taco Salad w/ Tortilla chips Assorted Fresh Fruit & Vegetable Choice of Milk	13 Ham & Cheese Wrap Assorted Fresh Fruit & Vegetable Choice of Milk
16 Popcorn Chicken Salad w/ Sliced bread Assorted Fresh Fruit & Vegetable Choice of Milk	17  Chicken Salad Sandwich Assorted Fresh Fruit & Vegetable Choice of Milk	18 Italian Hoagie Assorted Fresh Fruit & Vegetable Choice of Milk	19 Ham & Cheese Sandwich Assorted Fresh Fruit & Vegetable Choice of Milk	20 Crispy Chicken & Cheese Wrap Assorted Fresh Fruit & Vegetable Choice of Milk
23 Garden Salad w/ egg & sliced Bread Assorted Fresh Fruit & Vegetable Choice of Milk	24 Ham & Cheese Bistro Box Assorted Fresh Fruit & Vegetable Choice of Milk	25 Fruit & yogurt Parfait w/ Granola & Crackers Assorted Fresh Fruit & Vegetable Choice of Milk	26 Chef Salad w/ Turkey & Sliced bread Assorted Fresh Fruit & Vegetable Choice of Milk	27 Ham & Cheese Hoagie Assorted Fresh Fruit & Vegetable Choice of Milk
30 Popcorn Chicken Salad w/ Sliced Bread Assorted Fresh Fruit & Vegetable Choice of Milk	31 Pasta Salad Bistro Box Assorted Fresh Fruit & Vegetable Choice of Milk	National Nutrition Month Fuel your after-school activities with a nutritious lunch.		

ALTERNATE DAILY MENU OPTIONS

Uncrustable w/ Cheesestick & Crackers

Chef Salad w/ ham/turkey & sliced bread

Wraps or Sandwiches:
Ham & Cheese
Turkey & Cheese
Italian Combo



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

