

# Fresh Eats

CAFETERIA

Director of Food & Nutrition  
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National School  
 Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Popcorn Chicken Mashed Potato Bowl with Gravy & Sliced Bread Sweet Corn Banana	<b>3</b> Beef Nachos w/Cheddar Cheese & Brown Rice Mixed Vegetables Applesauce	<b>4</b> Chicken Slides French Fries Diced Pears	<b>5</b> Penne Pasta with Meatballs & Sliced Bread Seasoned Green Beans Tropical Fruit	<b>6</b> Pizzeria Style Cheese Pizza Buttered Carrots Diced Peaches
<b>9</b> Mandarin Orange Chicken & Rice Bowl Steamed Broccoli Mixed Fruit	<b>10</b> BBQ Pork Mac & Cheese with Sliced Bread Seasoned Green Beans Mandarin Oranges	<b>11</b> Boneless Wing Bar with Dipping Sauces Buttered Noodles Golden Corn Pineapple Tidbits	<b>12</b> French Toast Sticks with Syrup & Sausages Tater Tots Apple Slices	<b>13</b> Pepperoni Cheese Pizza Mixed Vegetables Diced Peaches
<b>16</b> Chicken Smackers with Sliced Bread Green Beans Applesauce	<b>17</b> Hot Ham & Cheese on a Pretzel Bun Mashed Potatoes with Gravy Tropical Fruit	<b>18</b> Chicken Parmesan with Pasta Tender Broccoli Mandarin Oranges	<b>19</b> Chicken & Vegetable Dumplings with Sweet n' Sour Sauce Mixed Vegetables Pineapple Tidbits	<b>20</b> French Bread Pizza Sweet Corn Banana
<b>23</b> Chicken & Cheese Soft Tacos Golden Corn Pineapple Tidbits	<b>24</b> BBQ Rib Sandwich French Fries Diced Pears	<b>25</b> Popcorn Chicken with Sweet n' Sour Sauce & Sliced Bread Seasoned Green Beans Mandarin Oranges	<b>26</b> BBQ Korean Meatball & Rice Bowl Tender Broccoli Applesauce	<b>27</b> Pizzeria Style Cheese Pizza Mixed Vegetables Tropical Fruit
<b>30</b> Chicken Nuggets with Buttered Noodles Tater Tots Apple Sauce	<b>31</b> Cheesesteak Hoagie Seasoned Green Beans Mixed Fruit	<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**

1% White or 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**

- Monday-Italian Hoagie
- Tuesday-Cheeseburger on a Bun
- Wednesday-Chicken Caesar Wrap
- Thursday-Buffalo Chicken Wrap
- Friday-Turkey & Cheese Wrap
- Daily- Breaded Chicken Sandwich

