



Fresh Eats

CAFETERIA

Assistant Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>The very best days start with a very good breakfast.</p>				
<p>4</p> <p>Breakfast Pizza Assorted Juice Assorted Lowfat Milk Alt: Zee Zee Bars</p>	<p>5</p> <p>Raspberry Roll Assorted Juice Assorted Lowfat Milk Alt: Scrambled Eggs w/ Toast</p>	<p>6</p> <p>Egg & Cheese Bagel Assorted Juice Assorted Lowfat Milk Alt: Mini French Toast</p>	<p>7</p> <p>Benefit Bars Assorted Juice Assorted Lowfat Milk Alt: Chocolate Crescent</p>	<p>1</p> <p>Pancake Wrap Nuggets Assorted Juice Assorted Low fat Milk Alt: Assorted Cereal Bar w/ crackers</p>
<p>11</p> <p>Breakfast Chicken Biscuit Assorted Juice Assorted Lowfat Milk Alt: Maple Waffle Snaps</p>	<p>12</p> <p>Iced Donut w/ Sprinkles Assorted Juice Assorted Lowfat Milk Alt: Poptart w/ crackers</p>	<p>13</p> <p>Cherry Frudel Assorted Juice Assorted Lowfat Milk Alt: Pancakes w/ Sausage</p>	<p>14</p> <p>Bacon Egg & Cheese Muffin Assorted Juice Assorted Lowfat Milk Alt: Chocolate Muffin Top</p>	<p>8</p> <p>ACT 80 Day No School Prom</p>
<p>18</p> <p>Sausage & Cheese Biscuit Assorted Juice Assorted Lowfat Milk Alt: Yogurt w/ Crackers</p>	<p>19</p> <p>Cinnamon Roll Assorted Juice Assorted Lowfat Milk Alt: Benefit Bars</p>	<p>20</p> <p>Confetti Pancakes Assorted Juice Assorted Lowfat Milk Alt: Grape Crescent</p>	<p>21</p> <p>Goody Ring Assorted Juice Assorted Lowfat Milk Alt: Omlet w/ toast</p>	<p>15</p> <p>Mini Maple Waffle Assorted Juice Assorted Lowfat Milk Alt: Strawberry Mini Bagels</p>
<p>25</p> <p>MEMORIAL DAY NO SCHOOL</p>	<p>26</p> <p>Raspberry Roll Assorted Juice Assorted Lowfat Milk Alt: Scrambled Eggs w/ Toast</p>	<p>27</p> <p>Egg & Cheese Bagel Assorted Juice Assorted Lowfat Milk Alt: Mini French Toast</p>	<p>28</p> <p>Benefit Bars Assorted Juice Assorted Lowfat Milk Alt: Chocolate Crescent</p>	<p>22</p> <p>Pancake Wrap Nuggets Assorted Juice Assorted Low fat Milk Alt: Assorted Cereal Bar w/ crackers</p>
				<p>29</p> <p>Banana Muffin Assorted Juice Assorted Lowfat Milk Alt: Pull-a- Part Donut</p>

WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
Choice of 2 whole grains or 1 whole grain and a meat/meat alternate
Choice of 2 fruits and Choice of low-fat milk.
*½ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS

Fat Free Vanilla, 1% White, Fat Free Chocolate

FRUIT OPTIONS

May choose 2 - ½ cup servings
Crisp Apple, Banana, Fresh Orange, Fresh Apple Slices, Applesauce, Raisins, Craisins, Sliced Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin Oranges, Diced Pears, 100% Juice

ALTERNATE MENU OPTIONS

Assorted Cereal w/ Assorted Crackers





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<p>Thank the heroes who serve your food in the cafeteria.</p>				<p>1 Meatball Hoagie Mixed Vegetables Fresh Citrus Orange Assorted Low fat Milk Alt Choice: Cheese Pizza</p>
<p>4 Mandarin Orange Chicken Rice Bowl Steamed Carrots Pineapple Tidbits Assorted Low fat Milk Alt Choice: Chicken Sandwich</p>	<p>5 Beef & Cheese Nacho Re-fried Beans Petite Banana Assorted Lowfat Milk Alt Choice: Cheeseburger Cinco De Mayo</p>	<p>6 Breaded Pork Patty w/ bread Mashed Potatoes w/ Gravy Steamed Peas Cinnamon Apple Slices Assorted Low fat Milk Alt Choice:Chicken Nuggets w/ bread</p>	<p>7 Dutch Waffle w/ Sausage Crispy Tater Tots Petite Bananas Assorted Low fat Milk Alt Choice: Hot Dog</p>	<p>8  No School Act 80 Day</p>
<p>11 BBQ Rib Sandwich Mixed Vegetables Mandarin Oranges Assorted Lowfat Milk Alt Choice: Spicy Chicken Sandwich</p>	<p>12 Chicken Fajita & Cheese Dip w/ bread Golden Corn Pineapple Tidbits Assorted Lowfat Milk Alt Choice: Cheeseburger</p>	<p>13 Mac & Cheese w/ Garlic Toast Seasoned Broccoli Refreshing Mixed Fruit Assorted Lowfat Milk Alt Choice:Chicken Nuggets w/ bread</p>	<p>14 General TSO Chicken Bowl Steamed Carrots Applesauce Assorted Lowfat Milk Alt Choice: Hot Dog</p>	<p>15 Pierogies w/ Fresh Bread Vegetarian Beans Fresh Citrus Orange Assorted Lowfat Milk Alt Choice: Cheese Pizza</p>
<p>18 Crunchy Fish Sticks w/ Garlic Toast Baked French Fries Applesauce Assorted Lowfat Milk Alt Choice: Breaded Chicken Sandwich</p>	<p>19 Fiestada Pizza Golden Corn Mixed Fruit Assorted Lowfat Milk Alt Choice: Cheeseburger</p>	<p>20 French Toast Sticks w/ Sausage Patties Crispy Tater Tots Diced Pears Assorted Lowfat Milk Alt Choice: Chicken Nuggets w/ bread</p>	<p>21 Lasagna Roll Ups w/ Garlic Toast Steamed Green Beans Fresh Citrus Orange Assorted Lowfat Milk Alt Choice: Hot Dog</p>	<p>22 BBQ Rib Sandwich Seasoned Mixed Vegetables Pineapple Tidbits Assorted Lowfat Milk Alt Choice: Cheese Pizza</p>
<p>25  MEMORIAL DAY NO SCHOOL</p>	<p>26 Corn Dog Nuggets Baked French Fries Mandarin Oranges Assorted Low fat Milk Alt Choice: Cheeseburger</p>	<p>27 Popcorn Chicken Bowl w/ Fresh Bread Golden Corn Petite Banana Assorted Lowfat Milk Alt Choice:Chicken Nuggets w/ bread</p>	<p>28 Korean BBQ Meatball Rice Bowl w/ Garlic Toast Steamed Carrots Diced Peaches Assorted Lowfat Milk Alt Choice: Hot Dog</p>	<p>29 Italian Hoagie Vegetarian Beans Pineapple Tidbits Assorted Lowfat Milk Alt Choice: Cheese Pizza</p>

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 Vanilla, 1% White, Fat Free Chocolate, 1% Strawberry

FRUIT & VEGGIE OPTIONS

*May choose up to two 1/2 cup servings
Broccoli Florets | Baby Carrots
Dark Leafy Greens | Legume Salads
Celery & Cucumber
*May choose one 1/2 cup servings
Crisp Apple | Sliced Peaches | Mixed Fruit
Fresh Orange | Banana | Pineapple Tidbits
Diced Pears | Applesauce

ALTERNATE MENU OPTIONS DAILY

WOW Butter & Jelly Sandwich