





# BREAKFAST MEMU

Fri

#### **Notes**

**Served Daily** 7:45 a.m.-8:15 a.m.

All K-12 students who choose to get breakfast must take 3 items 1 of the 3 items must be a fruit

Any unwanted/unopened items can be placed in the share baskets Students may take 1 item from the share baskets, if available

\*We do not serve pork or pork products \*Meat alternatives such as vogurt, cheeses & eggs are offered

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex.

### Mon

**Egg Breakfast Zee Zee Bar+Yogurt Fresh Fruit** Juice & Milk

Tue

Wed

Mini Cream

**Cheese Bagel** 

or

Muffins

Fresh Fruit & Milk

**Smoothie or Juice** 

**Strawberry Pastry** 

**Muffin Bread** 

Fresh Fruit & Milk

**Dutch Waffle Topped w/Fruit** Oatmeal Bar+Egg Fresh Fruit & Milk **Smoothie or Juice** 

Thu

**Ckn-Sausage Pancake Sandwich** Cereal Fresh Fruit & Milk **Smoothie or Juice** 

> Egg & Cheese **Biscuit Sandwich Cereal Bar** Fresh Fruit & Milk

**Smoothie or Juice** 

**French Toast** w/Syrup **Granola Bar+Cheesestick** Fresh Fruit & Milk

**Smoothie or Juice** Waffles w/Syrup

**NutriGrain Bar+Egg** 

Fresh Fruit & Milk

**Smoothie or Juice** 

**Pancakes** 

Cereal

**Trky-Sausage English Muffin** Fresh Fruit & Milk **Smoothie or Juice** 

**Eggs & Toast** 

**Hazelnut Spread** or **Cereal Bar** Fresh Fruit & Milk **Smoothie or Juice** 

Trky-Sausage & Gravy Bites **Honey Snack Bun Dried or Fresh Fruit** 

**Breakfast Burrito** 

**Donut Stix** 

**Dried or Fresh Fruit** 

Juice & Milk

**Cinnamon Rolls** w/Glaze **Benefit Bar Fresh Fruit** Juice & Milk

**Smoothie or Juice French Toast Bite Breakfast** 

Bagel w/Cream Cheese or **Zee Zee Bar+Yogurt** Muffins **Fresh Fruit** Juice & Milk

Fresh Fruit & Milk **Smoothie or Juice** 

Frudel/Crescent or **Muffin Loaf** Fresh Fruit & Milk **Smoothie or Juice** 

w/Syrup or **Granola Bar+Cheesestick** Fresh Fruit & Milk **Smoothie or Juice** 

**Scones Oatmeal UBR** Fresh Fruit Juice & Milk









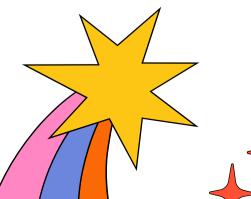
**Dried or Fresh Fruit** 

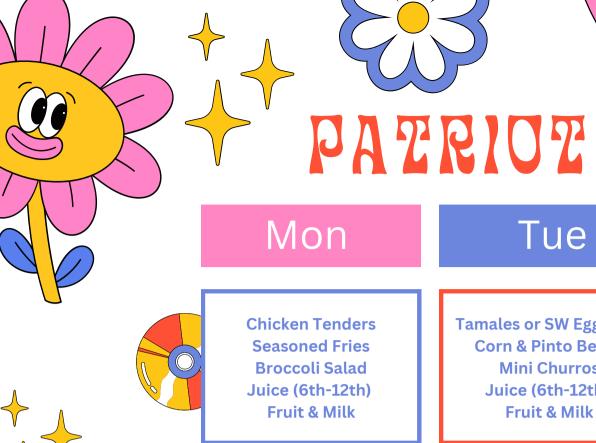
or **Pop-Tarts Dried or Fresh Fruit** Juice & Milk

**Breakfast Pizza** 



or









# LUNCH MEMU

### Fri

**Tamales or SW Egg Rolls Corn & Pinto Beans Mini Churros** Juice (6th-12th)

**French Toast Try-Bacon or Sausage Hashbrown Patty Cooked Carrots** Juice (6th-12th) Fruit & Milk

Wed

**Grilled Cheese Tomato Soup Pickles** Juice (6th-12th) Fruit & Milk

Thu

Rotini w/Meat Sauce **WG Breadstick Harvest Vegetables** Juice (6th-12th) Fruit & Milk

Mac n' Cheese **Peas & Sweet Potato Waffle Fries** Juice (6th-12th) Fruit & Milk

Walking Taco w/Doritos **Black Beans** Corn & Salsa Juice (6th-12th) Fruit & Milk

**General Tso's Chicken** Fried Rice w/Veg **Broccoli & Spring Roll** Juice (6th-12th) Fruit & Milk

Hamburger +/- Cheese **Sidewinder Fries Baked Beans** Juice (6th-12th) Fruit & Milk

Pizza Ripper **Green Beans** Fresh Garden Salad Juice (6th-12th) Fruit & Milk

Chili & Cornbread **Kidney Beans Tomatoes & Chiles** Juice (6th-12th) Fruit & Milk

**Enchiladas w/Red Sauce Spanish Rice Refried Benas** Juice (6th-12th) Fruit & Milk

**Chicken Wings** WG Biscuit (6th-12th) **Seasoned Fries & Celery** Juice (6th-12th) Fruit & Milk

**Bosco Sticks** Marinara Pasta Salad Juice (6th-12th) Fruit & Milk

**Chicken Alfredo Penne WG Breadstick Broccoli & Baby Carrots** Juice (6th-12th) Fruit & Milk

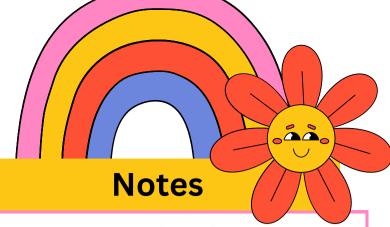
**Southern Chicken** Sandwich w/Pickles **Waffle Fries** Harvest Vegetables Juice (6th-12th) Fruit & Milk

**Burrito Bowl WG Rice & Fiesta Corn** Pico de Gallo or Salsa Juice (6th-12th) Fruit & Milk

**Cherry Blossom Chicken** Fried Rice w/Veg **Broccoli & Spring Roll** Juice (6th-12th) Fruit & Milk

Salisbury Steak **Mashed Potatoes & Gravy** Garlic & Herb **Green Beans** Juice (6th-12th) Fruit & Milk

Big Daddy's Pizza **Mixed Vegetables** Fresh Caesar Salad Juice (6th-12th) Fruit & Milk



**Served Daily** 10:45 a.m.-1:30 p.m. A-la-Carte (8th-12th)

6-12 grade students who choose to get lunch must take 3 items 1 of the 3 items must be a fruit or a vegetable

Any unwanted/unopened items can be placed in the share baskets Students may take 1 item from the share baskets, if available

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