



# 2023

This institution is an equal opportunity provider

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1% white milk, skim white milk, fat free chocolate milk offered for every meal.					1/ <b>BREAKFAST:</b> Scrambled Eggs <b>LUNCH:</b> Stuffed Crust Pizza - Marinara - Fresh Broccoli w/ LC Ranch - Frozen Fruit Cup - Cookie <b>ALTERNATE:</b> Ham & Cheese w/ WG Bun	2
3/	4/ <b>BREAKFAST:</b> Pop Tart <b>LUNCH:</b> Hamburger Patty w/ WG Bun - Steak Fries - Carrot Sticks w/ LC Ranch - Apple Slices <b>ALTERNATE:</b> Cold Ham w/ WG Bun	5/ <b>BREAKFAST:</b> French Toast Sticks w/ LC Syrup <b>LUNCH:</b> Beef Taco Stick - Shredded Lettuce - Diced Tomatoes - Banana <b>ALTERNATE:</b> Combo Sub w/ WG Bun	6/ <b>BREAKFAST:</b> Stuffed Hashbrown <b>LUNCH:</b> Chicken Drumstick - Corn - Celery Sticks w/ LC Ranch - Diced Pears <b>ALTERNATE:</b> Cold Meat w/ WG Bun	7/ <b>BREAKFAST:</b> Biscuits & Gravy <b>LUNCH:</b> Beef Pretzel Dog (pig in a blanket) - Baked Beans - Cucumber Slices w/ LC Ranch - Raisels <b>ALTERNATE:</b> Turkey Swiss Wrap	8/ <b>BREAKFAST:</b> Cinnamon Roll <b>LUNCH:</b> Cheesy Bites w/ Marinara Dipping Sauce - Romaine - Pineapple Tidbits - Ice Cream <b>ALTERNATE:</b> Ham & Cheese w/ WG Bun	9/
10/	11/ <b>BREAKFAST:</b> Cream Cheese Filled Pretzel Stick <b>LUNCH:</b> Sausage/Turkey Bacon Breakfast Bagel - Grape Tomatoes - Dragon Punch - Applesauce Cup <b>ALTERNATE:</b> Cold Ham w/ WG Bun	12/ <b>BREAKFAST:</b> Strawberry Boli <b>LUNCH:</b> Breaded Corn Dog - Smiley Fries - Cucumber Slices w/ LC Ranch - Frozen Fruit Cup <b>ALTERNATE:</b> Combo Sub w/ WG Bun	13/ <b>BREAKFAST:</b> Cheddar Cheese Omelet <b>LUNCH:</b> Chicken Nuggets - Steamed Carrots - Celery w/ LC Ranch - Raisels <b>ALTERNATE:</b> Cold Meat w/ WG Bun	14/ <b>BREAKFAST:</b> Donuts - <b>LUNCH:</b> Hot Ham & Cheese - WG Chips - Baked Beans - Apple Slices <b>ALTERNATE:</b> Turkey Swiss Wrap	15/ <b>BREAKFAST:</b> Breakfast Pizza <b>LUNCH:</b> Pizza Round - Fresh Broccoli w/ LC Ranch - Toss Salad - Diced Peaches - Cookie <b>ALTERNATE:</b> Ham & Cheese w/ WG Bun	16/
17/	18/ <b>BREAKFAST:</b> Muffin <b>LUNCH:</b> Fish Sticks w/ Tartar Sauce - Mixed Veggies - Carrot Sticks w/ LC Ranch - Mixed Fruit <b>ALTERNATE:</b> Cold Ham w/ WG Bun	19/ <b>BREAKFAST:</b> Pancakes w/ LC Syrup <b>LUNCH:</b> Chicken Quesadilla - Salsa - Corn - Banana <b>ALTERNATE:</b> Combo Sub w/ WG Bun	20/ <b>BREAKFAST:</b> French Toast Sausage Tornado <b>LUNCH:</b> Toasted 4 Cheese Ravioli - Marinara - Garlic Toast - Pineapple Tidbits <b>ALTERNATE:</b> Cold Meat w/ WG Bun	21/ <b>BREAKFAST:</b> Yogurt Parfait <b>LUNCH:</b> Cheeseburger Rollerbite w/ WG Bun - Baked Beans - Dragon Punch - Raisels <b>ALTERNATE:</b> Turkey Swiss Wrap	22/ <b>BREAKFAST:</b> Mini Cinni <b>LUNCH:</b> Cheese Filled Bread Sticks - Marinara - Romaine - Orange - Sherbet <b>ALTERNATE:</b> Ham & Cheese w/ WG Bun	23/
24/						

**BREAKFAST options include cereal variety, oatmeal, toast, applesauce, fresh fruit, orange juice, apple juice, and grape juice**

**SALAD BAR offered for grades 5 - 12 daily. Items may include lettuce, fresh fruit and vegetables, canned fruits, diced egg, diced ham, pasta salad and yogurt**

**\*\*MENUS ARE SUBJECT TO CHANGE\*\***