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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1% white milk, skim white milk, fat free chocolate milk offered for every meal.						1/
21	3/ BREAKFAST: Pop Tart LUNCH: Breaded Chicken Patty w/ WG Bun - Steamed Carrots - Dragon Punch Veggie Juice - Apple Slices ALTERNATE: Ham w/ WG Bun	Bar LUNCH: Chicken Quesadilla - Corn - Salsa -	5/ BREAKFAST: Pancake Sausage Stick w/ SF Syrup LUNCH: Chilli - Mini Cinni - Celery Sticks - Carrot Sticks w/ LC Ranch - Raisels ALTERNATE: Ham & Cheese w/ WG Bun	6/ BREAKFAST: Egg & Sausage Empanada LUNCH: Hot Dog w/ WG Bun - Baked Beans - Cucumber Slices w/ LC Ranch - Mixed Fruit Cup ALTERNATE: Turkey Cheese Wrap	7/ BREAKFAST: Long John LUNCH: Stuffed Crust Pizza - Fresh Broccolli - Toss Salad w/ LC Ranch - Orange - Sherbet ALTERNATE: Ham Turkey & Cheese w/ WG Bun	8/
9/	10/ BREAKFAST: Breakfast Bagel LUNCH: Grilled Cheese - Tomato Soup - Celery Sticks - Carrot Sticks w/ LC Ranch - Apple Slices ALTERNATE: Ham w/ WG Bun	11/ BREAKFAST: Pancakes w/ SF Syrup LUNCH: Breaded Corn Dog - Baked Beans - Cauliflower w/ LC Ranch - Raisels ALTERNATE: Combo Sub w/ WG Bun	12/ BREAKFAST: Churros LUNCH: Breakfast Pizza - Yogurt - Hashbrown Patty - Dragon Punch Veggie Juice - Applesauce Cup ALTERNATE: Ham & Cheese w/ WG Bun	13/ BREAKFAST: Yogurt Parfait LUNCH: 4 Cheese Toasted Raviolli - Garlic Toast - Marinara Dipping Sauce - Shredded Romaine W LC Ranch - Pineapple Tidbits ALTERNATE: Turkey Cheese Wrap	14/ BREAKFAST: Strawberry Mini Cinni LUNCH: "Heart Shaped" Chicken Nuggets - WG Chips - Mixed Veggies - Grape Tomatoes - Cherry Frozen Fruit Slushie - WG Cookie ALTERNATE: Ham Turkey & Cheese w/ WG Bun	15/
16/	17/ BREAKFAST: Cinnamon Pretzel Stick w/ Cream Cheese LUNCH: Macaroni & Cheese - Soft Pretzel - Cucumber Slices - Carrot Sticks w/ LC Ranch - Orange ALTERNATE: Ham w/ WG Bun	18/ BREAKFAST: Sausage Egg Potato Power Bites LUNCH: Crispitos - Salsa - Toss Salad w/ LC Ranch - Banana ALTERNATE: Combo Sub w/ WG Bun	19/ BREAKFAST: Mini Donuts LUNCH: Chicken Alfredo - Peas - Dragon Punch Veggie Juice - Diced Strawberries ALTERNATE: Ham & Cheese w/ WG Bun	20/ BREAKFAST: French Toast Sticks w/ SF Syrup LUNCH: BBQ Rib w/ WG Bun - Baked Beans - Celery Sticks w/ LC Ranch - Diced Pears ALTERNATE: Turkey Cheese Wrap	BREAKFAST: Mc J-Hawk Breakfast Sandwich LUNCH: Cheese Pizza Round - Marinara - Fresh Broccolli w/ LC Ranch - Diced Peaches - Ice Cream ALTERNATE: Ham Turkey & Cheese w/ WG Bun	22/
23/	24/ BREAKFAST: Muffin LUNCH: Cheeseburger Soup - Breaded Cheese Stick - Grape Tomatoes - Fresh Cauliflower w/ LC Ranch - Apple Slices ALTERNATE: Ham w/ WG Bun	25/ BREAKFAST: French Toast Sausage Tornado w/ SF Syrup LUNCH: Chicken Pizza Quesadilla - Corn - Toss Salad w/ LC Ranch - Raisels ALTERNATE: Combo Sub w/ WG Bun	26/ BREAKFAST: Flatbread Breakfast Pizza LUNCH: Orange Chicken - Fried Veggie Rice - Dragon Punch Veggie Juice - Fresh Broccolli - Applesauce Cup ALTERNATE: Ham & Cheese w/ WG Bun	27/ BREAKFAST: Biscuits & Gravy LUNCH: Cheddarwurst w/ WG Bun - Baked Beans - Carrot Sticks w/ LC Ranch - Mixed Fruit ALTERNATE: Turkey Cheese Wrap	28/ BREAKFAST: Scrambled Eggs & Toast LUNCH: Pizza Crunchers - Marinara - Cucumber Slices w/ LC Ranch - Pineapple Tidbits - WG Brookee ALTERNATE: Ham Turkey & Cheese w/ WG Bun	

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\*\*