



Your school cafeteria is managed by Canteen. We are an equal opportunity employer.



**School Information:** Breakfast is served with fresh fruit daily. All lunch meals are served with a salad bar and your choice of low-fat flavored or white milk. We use whole grain products, which are baked daily.



**Nutrition Tip:** Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

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BLUEBERRY MUFFIN **1**

**MINI CORN DOGS**  
APPLESAUCE  
CAPRI BLEND VEGETABLES

SAUSAGE & CHEESE BAGEL **2**

**EGG ROLLS**  
BROWN RICE  
BROCCOLI  
PEARS  
FORTUNE COOKIE

CREAM OF WHEAT/ TOAST **3**

**EGG ROLLS**  
BROWN RICE  
BROCCOLI  
PEARS  
FORTUNE COOKIE

HASH BROWNS **4**  
SAUSAGE PATTIE / TORTILLA

**BEEF TACOS**  
PINTO BEANS  
CINNAMON APPLE SLICES  
TORTILLA

PANCAKE WRAP **7**

**GRILLED HAM AND CHEESE**  
TOMATO SOUP  
CORN  
MANDARIN ORANGES

BREAKFAST BURRITO **8**

**PIZZA**  
ITALIAN BLEND VEGETABLES  
CARROT STICKS  
SIDEKICKS

STRAWBERRY MINI BAGEL **9**

**SPAGHETTI AND MEAT SAUCE**  
BROCCOLI  
PEARS  
DINNER ROLL

CHEESE OMELET/TORTILLA **10**

**TOSTADA**  
PINTO BEANS  
MIXED FRUIT  
TORTILLA

11

COLD CEREAL & STRING CHEESE **14**

**HOAGIE SANDWICH**  
CUCUMBERS,  
FRESH FRUIT  
SUN CHIPS

BREAKFAST PIZZA **15**

**BEEF STEW**  
MIXED VEGETABLES  
APRICOTS  
DINNER ROLL

CINNI MINIS **16**

**CHEESEBURGER**  
OVEN FRENCH FRIES  
PEACHES

BREAKFAST BURRITO **17**

**NACHOS SUPREME**  
PINTO BEANS  
DINNER ROLL  
CINNAMON APPLE SLICES

MINI WAFFLE EGGO BITES **18**

**PIZZA**  
CARROTS  
MANDARIN ORANGES

APPLE BOSCO STICK **21**

**SALISBURY STEAK**  
SWEET POTATO FRIES  
APRICOTS  
DINNER ROLL

NUTRIGRAIN BAR YOGURT **22**

**FRENCH TOAST STICKS**  
HASH BROWNS  
SAUSAGE PATTIE  
FRESH FRUIT

HONEY NUT CHEERIOS STRING CHEESE **23**

**CORN DOG**  
BROCCOLI  
PEARS

BREAKFAST BURRITO **24**

**BEEF TACOS**  
PINTO BEANS  
CINNAMON APPLE SLICES  
ANIMAL CRACKERS  
TORTILLA

EGG, HAM & CHEESE CROISSANTS **25**

**GRILLED HAM AND CHEESE**  
GREEN BEANS  
MANDARIN ORANGES

PANCAKE MINI EGGO BITES **28**

**CHICKEN PATTIE ON A BUN**  
CARROTS  
APRICOTS

BLUEBERRY MUFFIN **29**

**TURKEY AND CHEESE WRAP**  
CORN  
CANTALOUPE

POP TART / YOGURT **30**

**LASAGNA WITH MEAT SAUCE**  
MIXED VEGETABLES  
MIXED FRUIT  
BREADSTICKS

APPLE FRUDEL **31**

**PIZZA**  
BROCCOLI  
SIDEKICKS  
BROWNIES

