

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BREAKFAST: Colby Cheese Omelet, Toast/Cereal, Fruit, Juice, Milk LUNCH: Chicken Strip Wrap, Glazed Carrots, Tomatoes, Shred. Lettuce, Cucumbers, Fruit, Milk	2 BREAKFAST: Muffin/Toast/ Yogurt(E) Cereal, Fruit, Juice, Milk LUNCH: Crisritos, California Blend Veggie, Shred. Lettuce, Diced Tomatoes, Cookie* Fruit, Milk	3 BREAKFAST: French Toast Sticks, Toast/Cereal, Fruit, Juice, Milk LUNCH: Spaghetti w/Meat Sauce, Garlic Bread, Lettuce Salad, Grape Tomatoes, Fruit, Milk	4 BREAKFAST: Muffin/Toast/ Yogurt(E) Cereal, Fruit, Juice, Milk LUNCH: Ham & Turkey Sub, Baked Beans, Shr. Lettuce, Tomatoes, Fruit, Milk	5 BREAKFAST: Scr. Eggs \$ Ham, Toast/Cereal, Fruit, Juice, Milk LUNCH: Sloppy Joes, Onion Rings, Broccoli, Fruit, Milk
8 BREAKFAST: Sausage* Egg Croissant, Toast/Cereal, Fruit, Juice, Milk LUNCH: Breaded Pork Steak, Mashed Potatoes, Gravy, Peas, Tea Roll, Fruit, Milk	9 BREAKFAST: Muffin/Toast/ Yogurt(E) Cereal, Fruit, Juice, Milk LUNCH: Beef Pizza,* Cheese Pizza(E) Lettuce Salad, Garlic Butter Veggies, Fruit, Milk	10 EARLY OUT BREAKFAST: Snack Bread, Toast/Cereal, Fruit, Juice, Milk LUNCH: Orange Chicken, Rice, Broccoli, Cauliflower, Tea Roll (E) Dinner Roll*, Fruit, Milk	11 BREAKFAST: Muffin/Toast/ Yogurt (E) Cereal, Fruit, Juice, Milk LUNCH: Hamburger on Bun, Crinkle Cut Fries, Baked Beans, Tomato slices, Fruit, Milk	12 BREAKFAST: Yogurt Fruit Smoothies, Toast/Cereal, Fruit, Juice, Milk LUNCH: Chicken Alfredo, Carrots, Winter Mix Veggie, Garlic Toast, Fruit, Milk
15 BREAKFAST: Oatmeal w/Toppings, Toast/Cereal, Fruit, Juice, Milk LUNCH: Chicken Nuggets Cheesy Potatoes, Broccoli, Tea Roll, Fruit, Milk	16 BREAKFAST: Muffin/Toast/ Yogurt (E) Cereal, Fruit, Juice, Milk LUNCH: Tacos, Black Bean Salsa Salad*, Corn, Baby Carrots, Rice Krispie Treat*, Fruit, Milk	17 BREAKFAST: Iced Long Johns Toast/Cereal, Fruit, Juice, Milk LUNCH: Creamed Chicken Gravy, Biscuit, Mashed Potatoes, Peas, Fruit, Milk,	18 BREAKFAST: Muffin/Toast/ Yogurt(E) Cereal, Fruit, Juice, Milk LUNCH: Corn Dogs, Baked Beans, Crinkle Cut Fries, Radish*, Fruit, Milk	19 BREAKFAST: Egg/Bacon Scramble, Toast, Cereal, Fruit, Juice, Milk LUNCH: Pizza Crunchers, Buttered Carrots, Cauliflower, Cookie, Fruit, Milk
22 BREAKFAST: Breakfast Pizza, Toast/Cereal, Fruit, Juice, Milk LUNCH: Breaded Chicken Patty on Bun, Potato Wedges, Broccoli, Shr. Lettuce*, Sliced Tomatoes*, Fruit, Milk	23 BREAKFAST: Muffin/Toast/ Yogurt(E) Cereal, Fruit, Juice, Milk LUNCH: Lasagna, Garlic Bread, Lettuce Salad w/Grape Tomatoes, Glazed Carrots, Fruit, Milk	24 EARLY OUT BREAKFAST: Mini Donuts, Toast/Cereal, Fruit, Juice LUNCH: Beef Dippers, Teriyaki Sauce, Rice, Broccoli, Veggie Egg Roll, Fruit, Milk,	25 BREAKFAST: Muffin/Toast/ Yogurt (E) Cereal, Fruit, Juice, Milk LUNCH: French Bread Pizza, Corn, /Baby Carrots, Cookie, Fruit, Milk	26 BREAKFAST: Mini Waffles Toast/Cereal, Fruit, Juice, Milk LUNCH: Popcorn Chicken Mashed Potatoes, Gravy, Green Beans, Tea Roll, Fruit, Milk
29 BREAKFAST: Yogurt Parfaits, Toast/Cereal, Fruit, Juice, Milk LUNCH: Beef Nachos, Broccoli, Shr. Lettuce, Diced Tomatoes, Red Peppers Fruit, Milk	30 BREAKFAST: Muffin/Toast/ Yogurt (E) Cereal, Fruit, Juice, Milk LUNCH: Pulled Pork Sandwich, Mac-n-Cheese Green Beans, Coleslaw Fruit, Milk	SALAD BAR AVAILABLE DAILY AT THE MS./SR. HIGH SCHOOL except as noted		



All bread/buns are whole grain-rich only
All milk is 1% low-fat or fat-free

MENU SUBJECT TO CHANGE

* = Ms./Sr. High only, **E** = Elementary