a COMPLETE BREAKFAST INCLUDES PROTEIN/GRAIN ENTREE, 1 SERVING OF FRUIT \& ONE-HALF PINT MILK; STUDENTS MAY SELECT LESS FOOD, BUT MUST CHOOSE AT LEAST 1/2 CUP OF FRUIT OR VEGETABLE WITH BREAKFAST EVERYDAY. PROTEIN/GRAIN ENTRÉE, 1 SERVING OF FRUIT, 1 OR 2 SERVINGS OF VEGETABLES \& ONE-HALF PINT MILK STUDENTS MAY SELECT LESS FOOD, BUT MUST CHOOSE AT LEAST $1 / 2$ CUP OF FRUIT OR VEGETABLE WITH LUNCH EVERYDAY.

## A COMPLETE LUNCH INCLUDES:

Breakfast : Choice of Entrée or Breakfast Bar (Poptart, Cereal Bar, Cereal assortment), Fruit, Juice and Milk
Lunch: Choice from 4 Entrees daily, Vegetable, Fruit and Milk
Milk Choices: Fat Free White, 1\% Chocolate, 1\% White Milk

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | $\qquad$ <br> Pancakes | Breakfast Wraps | French Toast |
| $\begin{gathered} \text { NO } \\ \text { SCHOOL } \end{gathered}$ <br> CHRISTMAS BREAK | $\begin{gathered} \text { NO } \\ \text { SCHOOL } \end{gathered}$ <br> CHRISTMAS BREAK | CHOOSE 1 ENTREE <br> Lasagna w/ Garlic Breadstick <br> OR <br> Hot Dog on WG Roll OR PB \& J or Paw Pack <br> CHOOSE 1 FRUIT $\underline{\&} 1 \underline{\text { OR }} \mathbf{2}$ VEGGIES <br> Peas, Cucumbers Pineapple Cup, Mandarin Oranges Milk | CHOOSE 1 ENTREE <br> Soft Taco OR <br> Hot Dog on WG Roll OR PB \& J or Paw Pack <br> CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES Green Beans, Green Peppers Grapes, Juice Milk | CHOOSE 1 ENTREE <br> Turkey \& Biscuits OR <br> Hot Dog on WG Roll OR PB \& J or Paw Pack <br> CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES Baby Carrots, Mashed Potatoes Peaches, Applesauce Milk |
| $\begin{gathered} 8 \\ \text { Waffles } \end{gathered}$ | 9 Breakfast Pizza | Pancakes | 11 French Toast | 12 Breakfast Sandwich |
| CHOOSE 1 ENTREE Turkey \& Cheese Wrap OR Pizza OR Paw Pack or PBJ | CHOOSE 1 ENTREE <br> Shepherds Pie OR <br> Pizza <br> OR <br> Paw Pack or PBJ | CHOOSE 1 ENTREE <br> Chicken Fajita \& Rice OR <br> Pizza <br> OR <br> Paw Pack or PBJ | CHOOSE 1 ENTREE Chicken Wing Dip w/ Chips OR Pizza OR Paw Pack or PBJ | CHOOSE 1 ENTREE Chicken Pot Pie OR Pizza OR Paw Pack or PBJ |


| CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Baked Beans, Cooked Carrots Peaches, Pineapple Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Green Beans, Veggie Juice Baked Apple Slices, Pears Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Broccoli, Green Peppers Mandarin Oranges, Mixed Fruit Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES Corn, Celery Grapes, Applesauce Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Mashed Potatoes, Baby Carrots Fresh Oranges, Strawberries Milk |
| :---: | :---: | :---: | :---: | :---: |
| 15 | $16$ <br> Funnel Cake | $\begin{gathered} 17 \\ \text { French Toast } \end{gathered}$ | 18 Breakfast on a Stick | $19$ <br> Pancakes |
| NO SCHOOL TEACHER IN-SERVICE | CHOOSE 1 ENTREE <br> Breakfast for Lunch OR <br> Hamburger on WG Roll OR <br> PB \& J or Paw Pack | CHOOSE 1 ENTREE <br> Sloppy Joe on WG Roll OR <br> Hamburger on WG Roll OR <br> PB \& J or Paw Pack | CHOOSE 1 ENTREE <br> Chef Salad w/ Chicken Strips \& Roll OR <br> Hamburger on WG Roll OR PB \& J or Paw Pack | CHOOSE 1 ENTREE Oriental Chicken w/ Rice OR <br> Hamburger on WG Roll OR <br> PB \& J or Paw Pack |


|  | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES Baby Carrots, Hash Brown Patty Apples, Mandarin Oranges Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Broccoli, Fresh Veggies Fresh Fruit, Peaches Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Fresh Veggies, Green Beans Fresh Fruit, Juice Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Stir Fry Veggies, Veggie Juice <br> Pears, Applesauce Milk |
| :---: | :---: | :---: | :---: | :---: |
| $\begin{gathered} 22 \\ \text { Waffles } \end{gathered}$ | 23 Breakfast Wrap | $\begin{gathered} 24 \\ \text { Funnel Cake } \end{gathered}$ | 25 Breakfast Sandwich | $\begin{gathered} \mathbf{2 6} \\ \text { French Toast } \end{gathered}$ |
| CHOOSE 1 ENTREE Meatball Sub OR Chicken OR PB \& J or Paw Pack | CHOOSE 1 ENTREE <br> BBQ Pork Sandwich <br> OR <br> Chicken OR <br> PB \& J or Paw Pack | CHOOSE 1 ENTREE Walking Taco OR Chicken OR PB \& or Paw Pack | CHOOSE 1 ENTREE <br> Toasted Cheese \& Tomato Soup OR <br> Chicken OR <br> PB \& J or Paw Pack | CHOOSE 1 ENTREE <br> Mozzarella Sticks OR <br> Chicken OR <br> PB \& J or Paw Pack |


| CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> French Fries, Green Beans Peaches, Baked Apples Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Broccoli, Fresh Veggies <br> Fresh Fruit, Pears <br> Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Refried Beans, Fresh Veggies Mixed Fruit, Strawberries Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Peas, Veggie Juice Fresh Fruit, Pineapple Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Steamed Carrots, Fresh Veggies <br> Juice, Applesauce <br> Milk |
| :---: | :---: | :---: | :---: | :---: |
| 29 Breakfast Pizza | 30 Breakfast on a Stick | $31$ <br> Pancakes | 1 Breakfast Wraps | $\begin{gathered} \mathbf{2} \\ \text { French Toast } \end{gathered}$ |
| CHOOSE 1 ENTREE | CHOOSE 1 ENTREE | CHOOSE 1 ENTREE | CHOOSE 1 ENTREE | CHOOSE 1 ENTREE |
| Sloppy Joe on WG Roll | Turkey Soup \& Tuna Fish Sandwich | Macaroni \& Cheese | Fish Sticks w/ WG Roll | Ham \& Cheese Croissant |
| OR | OR | OR | OR | OR |
| Hot Dog on WG Roll | Hot Dog on WG Roll | Hot Dog on WG Roll | Hot Dog on WG Roll OR | Hot Dog on WG Roll |
| PB \& J or Paw Pack | PB \& J or Paw Pack | PB \& $J$ or Paw Pack | PB \& J or Paw Pack | PB \& J or Paw Pack |


| CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Sweet Potato Fries, Fresh Veggies Fresh Fruit, Pears Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Cooked Carrots, Veggie Juice Baked Apple, Mixed Fruit Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Peas, Fresh Veggie Pineapple Cup, Fresh Fruit Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Green Beans, Fresh Veggies Mandarin Oranges, Juice Milk | CHOOSE 1 FRUIT \& 1 OR 2 VEGGIES <br> Baby Carrots, Broccoli <br> Peaches, Applesauce <br> Milk |
| :---: | :---: | :---: | :---: | :---: |
| Breakfast: Student FREE Adult \$2.75 |  | This institution is an equal |  | MENUS SUB JECT TO CHANGE |
| Lunch: Student FREE Adult \$4.75 |  | opportunity provider. |  |  |

