

Monday

Tuesday

Wednesday

Thursday

Friday

SPRING BREAK

Loaded Tater Tots
Blueberry Muffin

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Egg & Cheese Biscuit
Strawberry & Chocolate Overnight Oats

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Breakfast Tacos
Super Donut

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Pancakes & Turkey Sausage
Blueberry Overnight Oats

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Spinach, Egg, Cheese & Turkey
Sausage Sandwich
Peach Smoothie

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Strawberry & Cream Cheese Bagel
w/ Hash Brown
Trix Cereal

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Bacon Breakfast Skillet & Whole Grain Toast
Apple Cinnamon Overnight Oats

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Turkey Bacon, Egg & Cheese
Croissant Sandwich
Horchata Apple Yogurt Parfait

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

BUILDING
INSTITUTE DAY
NO SCHOOL

NO
SCHOOL

Chicken Sausage & Cheese
English Muffin Sandwich
Banana Bread Loaf

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

French Toast Stick & Turkey Sausage
w/ Potato, Onion & Pepper
Caramel Pull Apart Bagel

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Broccoli Cheddar Omelet
& Roasted Tomatoes
Mango Pineapple Smoothie.

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Bacon, Egg & Cheese
Biscuit Sandwich
w/ Hash Brown
Strawberry Overnight Oats

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Egg & Cheese Bagel
Blueberry Yogurt Parfait

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Spinach, Egg, Cheese & Turkey
Sausage Sandwich
Cocoa Puffs Cereal

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Egg Bites w/ Turkey Sausage
& Potato, Onion, Pepper Hash
Peaches & Cream Overnight Oats

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)

Waffles & Sausage
w/ Potato Bites
Strawberry Yogurt Parfait

Choice of Milk
Choice of Fresh Fruit and/or Vegetable
100% Fruit Juice (may only take one)



Served Daily: Fresh fruit & vegetables, Whole Grains, 1% white milk & fat free flavored milk. Please ask cafeteria manager for gluten free options.

These products are funded by the USDA. This institution is an equal opportunity provider. Menu items subject to change due to availability. Please contact manager prior to the menu with any questions.

Student Price: 1st meal FREE, 2nd meal \$2.00 **Adult Price:** \$3.25

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7
Spaghetti w/ Meat Sauce
Spaghetti w/ Marinara Sauce
& California Vegetables
w/ Whole Grain Garlic Toast
Vegetable Bar
Fruit of the Day
Choice of Milk

8
Proviso Chicken Burrito Bowl
& Refried Beans
w/ Cilantro Brown Rice
Vegetable Bar
Fruit of the Day
Choice of Milk

9
Crispy Chicken Sandwich
On Whole Grain Bun
& Roasted Cauliflower
Vegetable Bar
Fruit of the Day
Choice of Milk

10
Teriyaki Chicken Potstickers
& Vegetable Fried Rice
w/ Oriental Vegetable Blend
Vegetable Bar
Fruit of the Day
Choice of Milk

11
Bread Fish Sandwich
On Whole Grain Bun
& Steam Broccoli and French Fries
Vegetable Bar
Fruit of the Day
Choice of Milk

14
Bone-in Wings
& Sweet Potato Fries
w/ Whole Grain Dinner Roll
Vegetable Bar
Fruit of the Day
Choice of Milk

15
Beef Hot Dog
On Whole Grain Bun
& Roasted Carrots
Vegetable Bar
Fruit of the Day
Choice of Milk

16
Jalapeno Popper Mac & Cheese
& Steamed Broccoli
w/ Whole Grain Dinner Roll
Vegetable Bar
Fruit of the Day
Choice of Milk



21
Italian Meatball Sub
On Whole Grain Bun
& California Vegetable Blend
Vegetable Bar
Fruit of the Day
Choice of Milk

22
Popcorn Chicken Bowl
& Mixed Vegetable Blend
w/ Whole Grain Dinner Roll
Vegetable Bar
Fruit of the Day
Choice of Milk

23
Spicy Chicken Sandwich
On Whole Grain Bun
& Sweet Potato Tater Tots
Vegetable Bar
Fruit of the Day
Choice of Milk

24
General Tso Chicken
& Steamed Broccoli
w/ Vegetable Fried Rice
Vegetable Bar
Fruit of the Day
Choice of Milk

25
Chicken Leg
& Seasoned Kidney Beans
w/ Brown Rice
Vegetable Bar
Fruit of the Day
Choice of Milk

28
Chicken Parmesan
& Roasted Broccoli
w/ Penne Pasta & Whole Grain
Garlic Toast
Vegetable Bar
Fruit of the Day
Choice of Milk

29
Italian Beef
On Whole Grain Bun
& California Vegetable Blends
Vegetable Bar
Fruit of the Day
Choice of Milk

30
Breakfast For Lunch
Breakfast Pancakes
w/ Turkey Sausage Links
& Potato, Onion & Pepper Hash
Vegetable Bar
Fruit of the Day
Choice of Milk

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Menu Prices

Students: First lunch is **FREE**, second lunch \$3.00

Adults: \$5.50

MIGHTY GRAIN BOWLS

Monday: Italian Chicken with Oregano & Lemon Bowl

Chicken &/or chickpeas seasoned with aromatic oregano and lemon, served over a bed of rice with roasted vegetables for a light yet flavorful meal.

Tuesday: Orange Chicken Bowl

Tender chicken &/or edamame glazed in a tangy orange sauce, served over rice with a mix of roasted broccoli for a balanced and delicious dish.

Wednesday: No Bowl

Please look over creation station. salads, deli or pizza polar options today.

Thursday: Turkey Barbacoa Nacho Bowl

Slow-cooked turkey barbacoa &/or black beans, served over whole grain tortilla chips with roasted corn & pepper for a bold and satisfying meal.

Friday: Chicken Alfredo Pasta Bowl

A classic favorite! Tender chicken tossed with creamy Alfredo sauce and served over warm whole grain pasta. Paired with a side of vegetables for a comforting and satisfying meal.