

Monday
3

Hot: Strawberry & Cream Cheese Bagel
Cold: Cocoa Puffs Cereal
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Tuesday
4

Hot: Pancakes, Chicken Sausage & Potato & Pepper Hash
Cold: Peach Yogurt Parfait
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Wednesday
5

Hot: Grits, Scrambled Eggs & Whole Wheat Toast
Cold: Berry Patch Smoothie
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Thursday
6

Hot: Mini Chocolate Chip French Toast
Cold: Blueberry Overnight Oats
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Friday
7

Hot: Egg & Cheese Biscuit Sandwich w/ Hash Brown
Cold: Plain Whole Wheat Bagel & PB or Cream Cheese Cup
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

10

Hot: Chocolate Crescent Roll
Cold: Trix Cereal
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

11

Hot: Cheesy Grits & Scrambled Eggs w/ Hash Brown
Cold: Strawberry Banana Smoothie
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)


12

Hot: Banana Rice w/ Hash Brown & Whole Grain Toast
Cold: Whole Grain Croissant & PB or Cream Cheese Cup
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

14

Hot: Turkey Sausage, Egg & Cheese Bagel Sandwich
Cold: Strawberry & Chocolate Overnight Oats
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

17

Hot: Cinnamon Cream Cheese Bar
Cold: Fruit Loops Cereal
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

18

Hot: Egg Bites w/ Turkey Sausage & Potato & Pepper Hash
Cold: Peaches & Cream Overnight Oats
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

19

Hot: Cranberry & Peach Oatmeal, Hard Boiled Egg & Whole Grain Toast
Cold: Strawberry Pineapple Smoothies
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

20

Hot: Waffles, Chicken Sausage & Sweet Potato Tater Tots
Cold: Horchata Apple Yogurt Parfait
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

21

Hot: Spinach, Egg, & Turkey Sausage Sandwich w/ Hash Brown
Cold: Whole Grain Croissant & PB or Cream Cheese Cup
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

24

Hot: Maple Pancake Sausage Sandwich
Cold: Honey Nut Cheerios Cereal
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

25

Hot: Grits, Scrambled Eggs & Whole Wheat Toast
Cold: Strawberry Yogurt Parfait
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

26

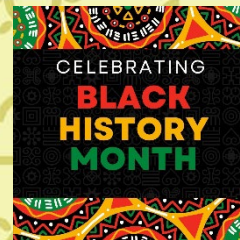
Hot: Broccoli Cheddar Omelet & Roasted Cherry Tomatoes w/ Whole Grain Toast
Cold: Peach Smoothie
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

27

Hot: Loaded Tater Tots
Cold: Blueberry Muffin
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

28

Hot: Ham & Cheese Croissant Sandwich
Cold: Cinnamon Raisin Bagel & PB or Cream Cheese Cup
 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

Monday

3
Spaghetti w/ Meat Sauce
Spaghetti w/ Marinara
& Roasted Carrots
w/ Whole Grain Dinner Roll
Vegetable Bar
Fruit of the Day
Choice of Milk

10
Chicken Alfredo w/ Whole Grain
Penne Pasta
& Roasted Cauliflower
w/ Whole Grain Garlic Texas Toast
Vegetable Bar
Fruit of the Day
Choice of Milk

17
Whole Grain Lasagna Roll Up
& California Vegetable Blend
w/ Whole Grain Garlic Toast
Vegetable Bar
Fruit of the Day
Choice of Milk

24
Proviso Spicy Chicken Sandwich
On Whole Wheat Bun
w/ Potato Wedges
Vegetable Bar
Fruit of the Day
Choice of Milk

Tuesday

4
Jambalaya w/ Diced Chicken
Season Kidney Beans & Collard Greens
w/ Whole Grain Dinner Roll
Vegetable Bar
Fruit of the Day
Choice of Milk

11
Meatloaf
Green Beans & Mashed Potatoes
w/ Whole Grain Dinner Roll
Vegetable Bar
Fruit of the Day
Choice of Milk

18
Salisbury Steak
Scalloped Potatoes & Turnip Greens
w/ Whole Grain Garlic Bread
Vegetable Bar
Fruit of the Day
Choice of Milk

25
Salisbury Steak
Scalloped Potatoes & Turnip Greens
w/ Whole Grain Garlic Bread
Vegetable Bar
Fruit of the Day
Choice of Milk

Wednesday

5
Chicken Noodle Soup
& Seasoned Green Beans
w/ Whole Grain Garlic Bread
Vegetable Bar
Fruit of the Day
Choice of Milk



19
Chicken White Bean Chili
& Seasoned Green Beans
w/ Whole Grain Dinner Roll
Vegetable Bar
Fruit of the Day
Choice of Milk

26
Macaroni & Cheese
& Roasted California Blend
w/ Whole Grain Garlic Bread
Vegetable Bar
Fruit of the Day
Choice of Milk

Thursday

6
Gyro Burger
On Whole Wheat Bun
& Sweet Potato Bites
Vegetable Bar
Fruit of the Day
Choice of Milk

13
BBQ Pulled Chicken Sandwich
On Whole Wheat Bun
& Roasted Carrots
Vegetable Bar
Fruit of the Day
Choice of Milk

20
Chicken & Waffles
& Hash Brown
Vegetable Bar
Fruit of the Day
Choice of Milk

27
Half Day
Beef Hotdog
On Whole Grain Bun
& Roasted Corn & Pepper Blend
Vegetable Bar
Fruit of the Day
Choice of Milk

Friday

7
BBQ Chicken Leg
California Blend & Mashed Potatoes
w/ Cornbread Loaf
Vegetable Bar
Fruit of the Day
Choice of Milk

14
Chicken Pot Pie
& Peas & Carrots
w/ Whole Grain Dinner Roll
Vegetable Bar
Fruit of the Day
Choice of Milk

21
Breaded Fish Sandwich
On Whole Wheat Bun
& Roasted Broccoli
Vegetable Bar
Fruit of the Day
Choice of Milk

28
Jerk Seasoned Chicken Leg
& Seasoned Kidney Beans
w/ Brown Rice
Vegetable Bar
Fruit of the Day
Choice of Milk



SERVED DAILY: Fresh fruits and vegetables, whole grains, 1% white 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 the cafeteria manager prior to the menu with any questions.

Menu Prices

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

Adults: \$5.50

After School Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
3 ZeeZee's Smore's Bar Fresh Apple	4 ZeeZee's Roasted Buffalo Ranch Fava Bean Crisp Colby Jack Cheese Cubes	5 Goldfish Whole Grain Cheddar Crackers Fresh Pear	6 ZeeZee's Honey Cranberry Trail Mix Mozzarella String Cheese	7
10 Strawberry Go-Gurt Cinnamon Whole Grain Goldfish Graham Crackers	11 Sunflowers Seeds 100% Apple Juice	12 	13 Strawberry oatmeal Bar ZeeZee's Blue Raspberry Applesauce	14
17 Scooby Doo Whole Grain Graham Crackers Fresh Orange	18 ZeeZee's Roasted Ranch Chickpeas Crisp Colby Jack Cheese Cubes	19 Goldfish Whole Grain Cheddar Crackers Fresh Apple	20 ZeeZee's Honey Cranberry Trail Mix Mozzarella String Cheese	21
24 Strawberry Go-Gurt Cinnamon Whole Grain Goldfish Graham Crackers	25 Sunflowers Seeds 100% Grape Juice	26 Nutri-Grain Blueberry bar ZeeZee's Strawberry Applesauce	27 ZeeZee's Smore's Bar Fresh Banana	28

