






















































































































BREAKFAST AND LUNCH MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> Choice of Chef Special, whole grain toast, oatmeal or assorted cold cereals 2 +milk + choice of fruit.	Chocolate Muffin 	Egg And Cheese on Whole Wheat English Muffin  	Waffles w/ Syrup   Turkey Sausage Patty   	Yogurt Parfait 	French Toast Sticks w/Maple Syrup   
	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 
	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 
<b>LUNCH</b> <b>Chef's Table</b> Choice of Chef Special Entrée or +Grain + Vegetable + fruit + Milk.  *Note, if Chef's Special Entrée is not desired, the student may select from 2 sandwich choices as a substitute	Roast Beef  Cheese Quesadilla ~~~~~ Scallion Rice Dinner Roll    Broccoli   Green Beans  Choice of Pears or Fresh Fruit Cup   	Turkey and Cheese on Wheat Bun  Baked Ziti  ~~~~~ Choice of : Baby Carrots w/ Ranch   or Celery Sticks    Choice of Apple or Fresh Fruit Cup   	Turkey Burger on Whole Grain Roll Five-Cheese Spinach and Mushroom Lasagna  ~~~~~ Curried Cauliflower   Sweet Potatoes   Choice of Orange Slices or Fresh Fruit Cup  	Oven-fried Chicken w/ WG Corn Muffin  Cheese Pizza ~~~~~ Sautéed Spinach  Edamame  Choice of Applesauce or Fresh Fruit Cup  	Cheeseburger Mashed Potato Bowl w/ Dinner Roll Power Pack Egg & Cheese ~~~~~ Choice of: Sautéed Snow Peas   Choice of Pineapple Chunks or Fresh Fruit Cup   
	Beverage	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk




































BREAKFAST AND LUNCH MENU

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> Choice of Chef Special, wheat toast, oatmeal or assorted cold cereals  +milk + choice of fruit.	Blueberry Muffin	Pancakes w/ Syrup 	Egg and Cheese Wrap	Yogurt Parfait 	Strawberry Nutri Grain Bar
	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Sliced Bananas and Raspberries 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 
	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 
<b>LUNCH</b>  Chef's Table Meal  Choice of Chef Special Entrée or +Grain + Vegetable + fruit + Milk.  *Note, if Chef's Special Entrée is not desired, the student may select from 2 sandwich choices as a substitute	Classic Meatloaf w/ Side Mac and Cheese   Mac and Cheese  ~~~~~ Baked Beans  <b>Mixed Vegetables</b>   Choice of Pears or Fresh Fruit Cup 	Beef Taco  Cheese & Bean Burrito  ~~~~~ Rice   Mexicali Corn  Lettuce and Tomato  Choice of Orange or Fresh Fruit Cup 	Shepherd's Pie w/ Whole Grain Dinner Roll   <b>Cheese and veggie wrap</b>  ~~~~~ Healthy Coleslaw   Carrot Fries   Choice of Pineapple or Fresh Fruit Cup 	<b>Chicken Patty on Whole Grain Roll</b>  Pierogies w/ Caramelized Onions  <b>Oven Roasted Potatoes</b>  Roasted Zucchini   Choice of Apples or Fresh Fruit Cup 	Harvest Stew   <b>Ravioli</b> ~~~~~ Garlic Toast   Tossed Salad  Cucumber Salad  Choice of Grapes or Fresh Fruit Cup 
	Beverage	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk

BREAKFAST AND LUNCH MENU

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Breakfast</b> Choice of Chef Special, wheat toast, oatmeal or assorted cold cereals</p> <p>+milk + choice of fruit.</p>	<p>Chocolate Muffin </p>	<p>Egg And Cheese on Whole Wheat English Muffin </p>	<p>Waffles w/ Syrup </p> <p>Turkey Sausage Patty </p>	<p>Yogurt Parfait </p>	<p>French Toast Sticks </p> <p>w/Maple Syrup</p>	
	<p>Choice of Whole Fruit or Fresh Fruit Cup </p>	<p>Choice of Whole Fruit or Fresh Fruit Cup </p>	<p>Choice of Whole Fruit or Fresh Fruit Cup </p>	<p>Choice of Whole Fruit or Fresh Fruit Cup </p>	<p>Choice of Whole Fruit or Fresh Fruit Cup </p>	
	<p>Choice of 1% or Fat-Free White or Chocolate Milk </p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk </p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk </p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk </p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk </p>	
<p><b>LUNCH</b></p> <p>Chef's Table Meal</p> <p>Choice of Chef Special Entrée +Grain + Vegetable + fruit + Milk.</p> <p>*Note, if Chef's Special Entrée is not desired, the student may select from 2 sandwich choices as a substitute</p>	<p>Roast Beef with Brown Rice </p> <p>Tossed Entree Salad </p> <p>Broccoli </p> <p>Corn </p> <p>Choice of Peaches or Fresh Fruit Cup </p>	<p>Chicken Pot Pie</p> <p>Mexican Lasagna w/ Tortilla Chips </p> <p>Side Garden Salad </p> <p>Marinated Tomatoes </p> <p>Choice of Fresh Mandarin Oranges or Fresh Fruit Cup </p>	<p>Beef Burger on WG Roll </p> <p>Vegetarian Burger on Whole Grain Roll </p> <p>Baked Beans </p> <p>Cucumber Dill Salad </p> <p>Choice of Fresh Pineapple or Fresh Fruit Cup </p>	<p>Chicken Fried Rice </p> <p>Pizza </p> <p>Asparagus </p> <p>Cauliflower</p> <p>Choice of Fresh Sliced Pears or Fresh Fruit Cup </p>	<p>Whole Grain Pasta w/ Meatballs or Power Pack Yogurt and Cheese</p> <p>Dinner Roll</p> <p>Wilted Spinach </p> <p>Buttered Carrots </p> <p>Choice of Applesauce or Fresh Fruit Cup </p>	
	<p>Beverage</p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>

BREAKFAST AND LUNCH MENU

Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Breakfast</b> Choice of Chef Special, wheat toast, oatmeal or assorted cold cereals  +milk + choice of fruit.	Blueberry Muffin	Pancakes w/ Syrup 	Egg and Cheese Wrap	Yogurt Parfait 	Strawberry Nutri Grain Bar
		Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 
		Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 
LUNCH	<b>Chef's Table Meal</b>  Choice of Chef Special Entrée +Grain + Vegetable + fruit + Milk.  *Note, if Chef's Special Entrée is not desired, the student may select from 2 sandwich choices d as a substitute	Mac and Cheese   Beef Stroganoff w/Fresh Parsley Rotini   ~~~~~ Roasted Wild Mushrooms   Stewed Tomatoes   Choice of Orange or Fresh Fruit Cup 	Chicken Patty on Whole Grain Roll  Vegetable Fried Rice   ~~~~~ Baked Fries   Browned Broccoli with Roasted Garlic   Choice of Pears or Fresh Fruit Cup 	Tuna Wrap with Lettuce and Tomato  OR Grilled Cheese on Whole Wheat   Green Peas   Tomato Soup   Choice of Grapes or Fresh Fruit Cup 	Roasted Turkey with Dinner Roll   Vegetable Quesadilla w/Chopped Lettuce and Fresh Tomato Salsa   ~~~~~ Tomato Cucumber Salad   Mashed Potatoes   Choice of Applesauce or Fresh Fruit Cup 	Fish Tacos   Pasta Alfredo and Broccoli   ~~~~~ Edamame Salad   Confetti Corn   Choice of Pineapple Chunks or Fresh Fruit Cup 
	Beverage	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk