



Second Semester
January - May 2019

Breakfast Menu

All breakfasts are served with milk.

WEEK 1

STARTS: 1/3/2019

WEEK 2

STARTS: 1/7/2019

Weeks 1 & 2 rotate every other week

MONDAY

Assorted varieties of dry cereal, whole grain toast, and sliced peaches.

MONDAY

Assorted varieties of dry cereal, whole grain toast, and sliced peaches.

TUESDAY

Golden brown mini waffles, and mandarin oranges.

TUESDAY

Chicken biscuit with applesauce.

WEDNESDAY

Turkey sausage biscuit with pears.

WEDNESDAY

Yogurt with granola, and fresh seasonal fruit.

THURSDAY

Whole grain muffins with a cheese stick, and pineapple.

THURSDAY

Mini pancakes with pineapple.

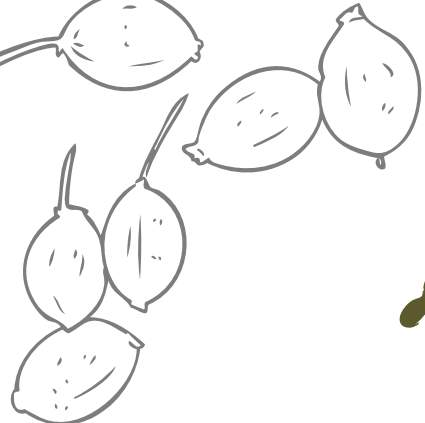
FRIDAY

Yogurt with granola, and fresh seasonal fruit.

FRIDAY

French toast sticks with stewed cinnamon apples.





Second Semester
January - May 2019

Lunch Menu

All lunches are served with milk.

WEEK 1
STARTS: 1/3/2019

WEEK 2
STARTS: 1/7/2019

Weeks 1 & 2 rotate every other week

MONDAY

Tacos with ground turkey, shredded cheese, lettuce and tomato with black beans and applesauce.

TUESDAY

Breaded chicken strips with a whole grain roll, cucumbers, and fresh seasonal fruit

WEDNESDAY

Whole grain spaghetti with ground turkey marinara, a tossed salad and fresh seasonal fruit.

THURSDAY

Asian chicken served over brown rice, with glazed carrots and mandarin oranges

FRIDAY

Grilled cheese sandwich with tomato soup, a tropical fruit cocktail and a cookie.

MONDAY

Breadsticks stuffed with cheese served with marinara sauce, peas, carrots and a frozen juice cup.

TUESDAY

A beef patty served on a whole grain bun with lettuce, tomato, sweet potato puffs and fresh seasonal fruit.

WEDNESDAY

Chicken bites with a whole grain roll, mashed potatoes, green beans and pears.

THURSDAY

Cheese pizza, Ceasar salad served with corn and fresh seasonal fruit.

FRIDAY

Chicken bites with mac & cheese, steamed broccoli, fresh seasonal fruit and a cookie.

