

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Cereal/Toast** **4**  
Fruit Choice  
Juice Choice  
Milk

**Breakfast Pizza** **5**  
Fruit Choice  
Juice Choice  
Milk

**Pancakes** **6**  
Fruit Choice  
Juice Choice  
Milk

**Yogurt Parfait** **7**  
Fruit Choice  
Juice Choice  
Milk

**Yogurt Parfait** **1**  
Fruit Choice  
Juice Choice  
Milk

**Cereal Bars/Fruited Bars** **8**  
Fruit Choice  
Juice Choice  
Milk

**Cereal/Toast** **11**  
Fruit Choice  
Juice Choice  
Milk

**Biscuits with Gravy** **12**  
**Or Jelly/Peanut Butter**  
Fruit Choice  
Juice Choice  
Milk

**French Toast Sticks** **13**  
Fruit Choice  
Juice Choice  
Milk

**Egg/Toast** **14**  
Fruit Choice  
Juice Choice  
Milk

**Assorted Roll/Donut** **15**  
Fruit Choice  
Juice Choice  
Milk

**Cereal/Toast** **18**  
Fruit Choice  
Juice Choice  
Milk

**Pancake on a Stick** **19**  
Fruit Choice  
Juice Choice  
Milk

**Breakfast Sandwich** **20**  
Fruit Choice  
Juice Choice  
Milk

MEA  
No School **21**

MEA  
No School **22**

**Cereal/Toast** **25**  
Fruit Choice  
Juice Choice  
Milk

**Egg Taco** **26**  
Fruit Choice  
Juice Choice  
Milk

**Muffin Choice** **27**  
Fruit Choice  
Juice Choice  
Milk

**Breakfast Pizza** **28**  
Fruit Choice  
Juice Choice  
Milk

**Pancakes** **29**  
Fruit Choice  
Juice Choice  
Milk

Breakfast include choice of fruits/veggies, meat/ meat alternates, grain, & milk. Grains are at least 51% whole grain.  
Milk is low-fat or fat free plain or fat free flavored  
Must choose 3 items, one being fruit or veggie, to count as a complete breakfast.  
Fresh and canned fruits and 100% fruit juices are offered every day.  
Cold cereal is offered every day

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\*Elementary  
\*\*High School

\*\*High School meals include a fruit/veggie bar with lettuce/romaine (dark green mix), raw veggies, fresh fruit, and/or canned fruit.

**Chicken Fajita/Tortilla Shell** **4**  
Red/Green Pepper  
Spanish Rice  
California Blend  
Fruit Choice

**Meatballs** **5**  
Mashed Potatoes  
Gravy  
Corn  
Peaches

**Sub Sandwich** **6**  
Tomato, Onion, Lettuce, Cheese  
\*\*Sun Chips  
Carrot Sticks  
Green Beans  
Apple Slices  
  
Early Out

**Pulled Pork/Bun** **7**  
Cole Slaw  
Baked Beans  
Fruit Choice

**Hot Dog/Bun** **1**  
French Fries  
Baked Beans  
Fruit Choice

**Bosco Stick** **8**  
Dipping Sauce  
Steamed Broccoli  
Fruit Choice

**Spaghetti** **11**  
Meat Sauce  
Cooked Broccoli  
Garlic Toast  
Fruit Choice

**Quesadilla** **12**  
Refried Beans  
Cooked Carrots  
Fruit Choice

**Grilled Ham & Cheese** **13**  
Tomato Soup  
Peas  
Fruit Choice

**Hamburger/Bun** **14**  
Oven Fries  
Lettuce, Tomato, Onion, Cheese  
Fruit Choice

**Chicken Strips** **15**  
Mashed Potatoes  
Green Beans  
Rice Pilaf  
Fruit Choice

**Tacos** **18**  
Lettuce, Tomato, Onion  
Spanish Rice  
Fiesta Beans  
Fruit Choice

**Chicken Patty/Bun** **19**  
Sweet Potato Fries  
Peas  
Fruit Choice

**Pizza** **20**  
Green Beans  
Spinach Salad  
Pears

**MEA** **21**  
**No School**

**MEA** **22**  
**No School**

**Popcorn Chicken Bowl** **25**  
Mashed Potatoes, Gravy, Corn  
Fruit Choice  
Dinner Roll

**Chili** **26**  
Corn Bread  
Carrots/Broccoli  
Fruit Choice

**Corn Dog** **27**  
Baked Beans  
Cole Slaw  
Fruit Choice

**Nachos** **28**  
Seasoned Meat  
Cheese Sauce  
Fiesta Beans  
Tomatoes  
Fruit Choice

**Orange Chicken** **29**  
Fried Rice  
Stir Fry Veggies  
Mandarin Oranges

**Lunch Notes:** All breads are a minimum of 51% whole grain. Salad dressings are all fat free or light. Milks are low fat or fat free. Fresh and canned fruits are available every day. A complete meal consists ½ C of fruit or veggie plus 2 more meal components. If not taking a complete meal you will be charged ala carte prices. **All student meals are free as long as you take the required items.** Due to COVID there will not be salad bar available at the elementary schools until further notice. Premade salads will be available for the elementary.