



Breakfast & Lunch Menu



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Break: Chocolate Bread **1**
Lunch: Ham & cheese melt
Alt: Burgers

Break: Goody donut **2**
Lunch: Chic. Nugget w/ Roll & mash pot.
Alt: Burgers

Break: Pancakes **3**
Lunch: Pizza
Alt: Burgers

Break: Mini Cinnis **6**
Lunch: Sloppy Joes
Alt: Pizza

Break: Apple Cinn. French toast **7**
Lunch: Crazy dipper day
Alt: Pizza

Break: Zucc. Bread **8**
Lunch: BBQ ribs
Alt: Pizza

Break: Cin. Toast pastry **9**
Lunch: Hot Dogs
Alt: Pizza

Break: Pancakes **10**
Lunch: Bacon Cheeseburger
Alt: Pizza

Break: Apple frudel **13**
Lunch: Orange Chicken w/ rice
Alt: Chicken patty

Break: Choc. Pastry **14**
Lunch: Nacho Grande
Alt: Chicken patty

Break: Banana bread **15**
Lunch: Popcorn chicken w/ roll & mash pot
Alt: Chicken patty

Break: Goody donut **16**
Lunch: Stuffed shells w/ breadstick
Alt: Chicken patty

Break: Pancakes **17**
Lunch: Pizza
Alt: Chicken patty

Break: Cherry frudel **20**
Lunch: Chicken tenders w/ pretzel
Alt: Burgers

Break: Apple cinn. French toast **21**
Lunch: Walking Taco
Alt: Burgers

Break: Choc. Bread **22**
Lunch: Grilled Cheese w/ tomato soup
Alt: Burgers

NO **23**

SCHOOL **24**

PLEASE **27**

ENJOY **29**

YOUR **29**

WINTER **30**

BREAK **31**