

Fresh Eats

CAFETERIA

Food Service Office
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National School
Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 No School	4 No School	5 No School	No School
9 Meatball Hoagie Seasoned Steamed Carrots	10 Beef Nachos w/ Cheddar Cheese & Fresh Bread Seasoned Steamed Corn	11 French Toast Sticks Crisp Tater Tots	12 General Tso Chicken Seasoned Steamed Broccoli	13 Italian Dunkers Seasoned Steamed Peas
16 Fiestada Pizza Seasoned Steamed Green Beans	17 ST. PATRICK'S DAY Beef Nachos w/ Cheddar Cheese and Fresh Bread Seasoned Mixed Vegetables	18 Waffles and Sausage Patties Crispy Tater Tots	19 Lasagna Roll Up w Garlic Toast Seasoned Steamed Peas	20 Fish Sandwich on a Bun French Fries
23 Boneless Wings w/ Garlic Bread Seasoned Steamed Green beans	24 Walking Taco w/ Beef, Cheese, Nacho Doritos & Fresh Bread	25 Pancakes And Sausage Patties Crispy Tater Tots	26 Popcorn Chicken Bowl w/ Fresh Bread	27 Bosco Sticks w/ Dipping Sauce
30 Fiestada Pizza Seasoned Steamed Green Beans	31 Beef Nachos w/ Cheddar Cheese and Fresh Bread Seasoned Steamed Mixed Vegetables	<h2>National Nutrition Month</h2> <p>Recharge with a tasty lunch that's also good for you.</p>		

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread, and Choice of Milk
*Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
Dark Leafy Greens | Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings
Crisp Apple | Sliced Peaches | Mixed Fruit
Fresh Orange | Banana | Pineapple Tidbits
Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

Week 1- No School
Week 2- Chicken Nuggets
Week 3- Corn Dog
Week 4- Hot Dog On a Bun
Week 5 - Hamburger on a Bun