

# BREAKFAST MENU

## Grades K-12

### School Year 2016-2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Whole Grain Strawberry Waffle Grahams Pineapple Cup Orange Juice	Whole Wheat Bread Margarine/Jelly Fruit Loops (Reduced Sugar) Fresh Whole Apple	WG Blueberry Muffin Peach Cup Orange-Pineapple Juice	Whole Wheat Bagel Cream Cheese Honey Nut Scooters Fresh Whole Apple	Cinnamon Toast Cereal Fresh Whole Orange Blended Fruit Juice
WEEK 2	Whole Wheat Bread Margarine/Jelly Mini Wheat Cereal Pineapple Cup Orange Juice	WG Apple Cinnamon Waffle Grahams Tasty O's Cereal Applesauce Grape Juice	WG Maple Pancakes Margarine/Syrup Fresh Whole Orange Blended Fruit Juice	WG Raisin Bread Margarine Frosted Flakes (Reduced Sugar) Mixed Fruit Cup Orange-Pineapple Juice	Crunch Mania French Toast Cinnamon Toast Cereal Pear Cup Apple Juice
WEEK 3	Whole Grain Raisin Bread Margarine Apple Jacks (Reduced Sugar) Mixed Fruit Cup Orange Juice	Whole Wheat Bread Margarine/Jelly Mini Wheat Cereal Raisins Blended Fruit Juice	Whole Grain Apple Muffin Citrus Fruit Cup Grape Juice	Whole Wheat Bread Margarine/Jelly Honey Nut Scooters Peach Cup Orange-Pineapple Juice	Crunch Mania Cinnamon Bun Fresh Whole Apple
WEEK 4	Whole Wheat Bread Jelly Cinnamon Toast Cereal Pineapple Cup Orange Juice	Maple Waffle Grahams Toasty O's Cereal Applesauce Grape Juice	WG Maple Pancakes Syrup Fresh Whole Orange Blended Fruit Juice	Whole Wheat Bagel Cream Cheese Honey Nut Scooters Mixed Fruit Cup Orange-Pineapple Juice	Whole Wheat Bread Jelly Frosted Flakes (Reduced Sugar) Pear Cup Apple Juice

1% Low-fat milk or fat-free chocolate milk served with all meals.



# LUNCH MENU

## Grades K-8

### School Year 2016-2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Baked Chicken Thigh Steamed Broccoli Mashed Potatoes Whole Wheat Bread Peaches	WG Pepperoni Pizza Pocket Yellow Corn Green Peas Pineapple	Orange Chicken Brown Rice Gingered Carrots Sesame Green Beans Strawberry-Mango Frozen Fruit Juice	Hamburger on Whole Grain Bun Mustard/Ketchup Diced Sweet Potatoes Baked Beans Pears	All American Sandwich (Turkey, Turkey Ham, Turkey Bologna and Cheese on WW Bun) Mayo/Mustard Green Peas Mixed Vegetables Apple Juice
WEEK 2	Hamburger on Whole Grain Bun Mustard/Ketchup Yellow Corn Green Peas Mandarin Oranges	WG Breaded Chicken Nuggets with BBQ Sauce Mashed Sweet Potatoes Green Beans Mixed Fruit	Meatball Sub on Whole Grain Bun Mixed Vegetables Pineapple	Baked Chicken Thigh Brown Rice Baked Beans Potatoes O'Brien Grape Juice	Twisted Mac & Cheese Broccoli Steamed Carrot Coins Kiwi-Strawberry Frozen Fruit Juice
WEEK 3	Southwest Nachos Salsa Baby Carrots WG Apple Cinnamon Waffle Grahams Pineapple	Whole Grain Rotini Noodles with Meat Sauce Steamed Broccoli WG Dinner Roll/Margarine Applesauce	Sesame Chicken Brown Rice Gingered Carrots Asian Vegetable Blend WG Dinner Roll/Margarine Blended Fruit Juice	Hamburger on Whole Grain Bun Mustard/Ketchup Baked Beans Green Beans Citrus Fruit Salad	Turkey & Cheese on Whole Grain Bun Mayo/Mustard Corn/Mixed Vegetables Blue Raspberry Lemon Frozen Fruit Juice
WEEK 4	Pulled Chicken Sliders on Whole Grain Rolls Baked Beans Corn Apple Juice	Ravioli with Meat Sauce Green Beans Whole Grain Bread Margarine Peaches	Baked Chicken Thigh Brown Rice Steamed Carrots Scalloped Potatoes Mandarin Oranges	Hamburger on Whole Grain Bun Mustard/Ketchup Diced Sweet Potatoes Green Peas Strawberry-Mango Frozen Fruit Juice	Flame Broiled Chicken Strips BBQ Sauce Steamed Broccoli Mixed Vegetables Whole Grain Roll Pineapple

1% Low-fat milk or fat-free chocolate milk served with all meals.

