



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 	3 Bagel with Creamed Cheese  Assorted Cereals or Cereal Bar with Graham Crackers	4 Warm Glazed Donut  Assorted Cereals or Cereal Bar with Graham Crackers	5 Belgian Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	6 Eggo Mini Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	<b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white chocolate  <b>Served Daily</b> Assorted Muffins and Benefit Bars
9 Mini Cinnamon Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	11 Scrambled Eggs with Toast  Assorted Cereals or Cereal Bar with Graham Crackers	12 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	13 Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	
16 Pancake and Sausage on a Stick  Assorted Cereals or Cereal Bar with Graham Crackers	17 French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	18 Belgian Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	19 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	20 Breakfast Burrito  Assorted Cereals or Cereal Bar with Graham Crackers	
23 	24 	25 	26 	27 	
30 	31 				

**Nicole Pennypacker, Lead Cook**  
 Sandra L. Robinson, General Manager  
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Meal Prices	
Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.50





**Meet Your Nutritious Friend:  
You "Tuber"**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>2</p>	<p>3</p> <p>Mini Corn Dogs</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Assorted Fresh Veggies</p>	<p>4</p> <p>Macaroni &amp; Cheese</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Assorted Fresh Veggies</p>	<p>5</p> <p>Sweet and Sour Chicken over Rice</p> <p><b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies</p>	<p>6</p> <p>Pepperoni Pizza</p> <p><b>FEATURED VEGGIES</b> Carrots Assorted Fresh Veggies</p>	<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white and chocolate</p> <p><b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>
<p>9</p> <p>Chicken and Cheese Quesadillas</p> <p><b>FEATURED VEGGIES</b> Broccoli Assorted Fresh Veggies</p>	<p>10</p> <p>Stuffed Shells with Garlic Bread Stick</p> <p><b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies</p>	<p>11</p> <p>BBQ Chicken Filet on Hamburger Bun</p> <p><b>FEATURED VEGGIES</b> French Fries Assorted Fresh Veggies</p>	<p>12</p> <p>French Toast Sticks with Sausage Patties</p> <p><b>FEATURED VEGGIES</b> Tater Tots Assorted Fresh Veggies</p>	<p>13</p> <p>Pizza</p> <p><b>FEATURED VEGGIES</b> Buttered Corn Assorted Fresh Veggies</p>	
<p>16</p> <p>Walking Taco</p> <p><b>FEATURED VEGGIES</b> Salsa Assorted Fresh Veggies</p>	<p>17</p> <p>Italian Dunkers Pepperoni Stuffed Bread Stick</p> <p><b>FEATURED VEGGIES</b> Tri-Tater Assorted Fresh Veggies</p>	<p>18</p> <p>Cheeseburger on Bun</p> <p><b>FEATURED VEGGIES</b> French Fries Assorted Fresh Veggies</p>	<p>19</p> <p>Chicken Nuggets</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Assorted Fresh Veggies</p>	<p>20</p> <p>Pizza</p> <p><b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies</p>	
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	
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**Meal Prices**

Student Lunch	\$2.50
Reduced Lunch	\$0.00
Faculty Lunch	\$4.75



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.