




Meet Your Nutritious Friend:
Arctic Artichoke

| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|---|--|--|---|--|---|
| | | | 1 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 2 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers | <p>What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white and chocolate</p> <p>Assorted Muffins and Benefit Bars</p> <p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p>(VG) Vegan These items do not contain any animal products</p> |
| 5 Mini Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers | 6 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 7 Pancake and Sausage on Stick Assorted Cereals or Cereal Bar with Graham Crackers | 8 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers | 9 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers | |
| 12 Glazed Dunkin Stick Assorted Cereals or Cereal Bar with Graham Crackers | 13 French Toast Assorted Cereals or Cereal Bar with Graham Crackers | 14 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers | 15 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 16 Breakfast Burrito Assorted Cereals or Cereal Bar with Graham Crackers | |
| 19 Bagel-Fuls Assorted Cereals or Cereal Bar with Graham Crackers | 20 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 21 Cinnamon Roll Assorted Cereals or Cereal Bar with Graham Crackers | 22 Mini French Toast with Syrup Assorted Cereals or Cereal Bar with Graham Crackers | 23 Breakfast Item Assorted Cereals or Cereal Bar with Graham Crackers | |
| 26 Memorial Day No School!  | 27 Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | 28 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers | 29 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 30 Bagel w/ Creamed Cheese Assorted Cereals or Cereal Bar with Graham Crackers | |

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



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



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| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|---|---|--|--|---|---|
| | | | 1 Sweet and Sour Chicken over Rice FEATURED VEGGIES Green Beans Assorted Fresh Veggies | 2 Cheese Pizza FEATURED VEGGIES Carrots Assorted Fresh Veggies | What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white and chocolate |
| 5 Chicken Nuggets with Dinner Roll FEATURED VEGGIES Broccoli Assorted Fresh Veggies | 6 Stuffed Shells with Garlic Bread Stick FEATURED VEGGIES Green Beans Assorted Fresh Veggies | 7 Walking Tacos FEATURED VEGGIES French Fries Assorted Fresh Veggies | 8 French Toast Sticks with Sausage Patties FEATURED VEGGIES Tater Tots Assorted Fresh Veggies | 9 Cheese Pizza FEATURED VEGGIES Buttered Corn Assorted Fresh Veggies | Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps |
| 12 Perogies with Onions and Butter FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies | 13 Italian Dunkers FEATURED VEGGIES Tri-Tater Assorted Fresh Veggies | 14 Chili with Corn Bread FEATURED VEGGIES Buttered Corn Assorted Fresh Veggies | 15 Cheeseburger on Bun FEATURED VEGGIES French Fries Assorted Fresh Veggies | 16 Cheese Pizza FEATURED VEGGIES Green Beans Assorted Fresh Veggies | |
| 19 Nachos with Meat and Cheese FEATURED VEGGIES Buttered Corn Assorted Fresh Veggies | 20 Salisbury Steak over Buttered Noodles FEATURED VEGGIES Seasoned Peas Assorted Fresh Veggies | 21 Grilled Cheese on Texas Toast FEATURED VEGGIES Tomato Soup Assorted Fresh Veggies | 22 Mini Corn Dogs FEATURED VEGGIES Tossed Salad Assorted Fresh Veggies | 23 Cheese Pizza FEATURED VEGGIES Carrots Assorted Fresh Veggies | |
| 26 Memorial Day No School!  | 27 Pasta with Meat Sauce FEATURED VEGGIES Tossed Salad Assorted Fresh Veggies | 28 Chicken and Gravy over Biscuits FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies | 29 Cheeseburger on Bun FEATURED VEGGIES French Fries Assorted Fresh Veggies | 30 Chicken and Cheese Quesadillas FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies | (V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (VG) Vegan These items do not contain any animal products |

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Reduced Breakfast \$0.00
Faculty Breakfast \$4.75



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