




Meet Your Nutritious Friend:  
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Bagels with Creamed Cheese  Assorted Cereals or Cereal Bar with Graham Crackers	2 Dutch Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	<p><b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</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>(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>
5 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	6 Yogurt Parfait  Assorted Cereals or Cereal Bar with Graham Crackers	7 Mini French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	8 Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	9 Donuts  Assorted Cereals or Cereal Bar with Graham Crackers	
12 Omelette with Toast  Assorted Cereals or Cereal Bar with Graham Crackers	13 Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	14 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	15 Mini Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	16 Oatmeal Chocolate Chip Bar  Assorted Cereals or Cereal Bar with Graham Crackers	
19 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	20 Yogurt Parfait  Assorted Cereals or Cereal Bar with Graham Crackers	21 Powdered Donuts  Assorted Cereals or Cereal Bar with Graham Crackers	22 Cinnamon Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	23 Dutch Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	
26 <b>Memorial Day</b> No School! 	27 Smoothies  Assorted Cereals or Cereal Bar with Graham Crackers	28 Assorted Muffins  Assorted Cereals or Cereal Bar with Graham Crackers	29 Bagels with Creamed Cheese  Assorted Cereals or Cereal Bar with Graham Crackers	30 Dutch Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	

**Julie Houseknecht – Lead Cook**  
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Meal Prices	
Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.50





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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Hot Dog on Bun  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	2 Cheese Pizza  <b>FEATURED VEGGIES</b> Mixed Veggies Assorted Fresh Veggies	<b>What is a Meal?</b> 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.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
5 Pepperoni and Cheese Stuffed Bread Sticks  <b>FEATURED VEGGIES</b> Diced Carrots Assorted Fresh Veggies	6 Walking Taco  <b>FEATURED VEGGIES</b> Buttered Corn Assorted Fresh Veggies	7 Cheeseburger on Bun  <b>FEATURED VEGGIES</b> French Fries Assorted Fresh Veggies	8 Chicken Sticks with Dinner Roll  <b>FEATURED VEGGIES</b> Tri-Taters Assorted Fresh Veggies	9 Cheese Pizza  <b>FEATURED VEGGIES</b> Sweet Peas Assorted Fresh Veggies	<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 and chocolate
12 Chicken Patty on Bun  <b>FEATURED VEGGIES</b> Mixed Veggies Assorted Fresh Veggies	13 Perogies with Dinner Roll  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	14 Mini Corn Dogs with Pretzel Stick  <b>FEATURED VEGGIES</b> French Fries Assorted Fresh Veggies	15 Pancakes with Sausage  <b>FEATURED VEGGIES</b> Tater Tots Assorted Fresh Veggies	16 Cheese Pizza  <b>FEATURED VEGGIES</b> Seasoned Corn Assorted Fresh Veggies	<b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
19 Italian Dunkers  <b>FEATURED VEGGIES</b> Tater Tots Assorted Fresh Veggies	20 Hot Ham and Cheese on Pretzel Roll  <b>FEATURED VEGGIES</b> Cheesy Broccoli Assorted Fresh Veggies	21 Salisbury Steak with Au Gratin Potatoes  <b>FEATURED VEGGIES</b> Steamed Corn Assorted Fresh Veggies	22 Hot Dog on Bun  <b>FEATURED VEGGIES</b> French Fries Assorted Fresh Veggies	23 Cheese Pizza  <b>FEATURED VEGGIES</b> Diced Carrots Assorted Fresh Veggies	
26 <b>Memorial Day</b> <b>No School!</b> 	27 Chicken Nuggets with Dinner Roll  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	28 Macaroni and Cheese with Bread Stick  <b>FEATURED VEGGIES</b> Glazed Carrots Assorted Fresh Veggies	29 BBQ Ribby on a Bun  <b>FEATURED VEGGIES</b> Broccoli Assorted Fresh Veggies	30 Cheese Pizza  <b>FEATURED VEGGIES</b> Buttered Corn Assorted Fresh Veggies	<b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg  <b>(VG) Vegan</b> These items do not contain any animal products

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**Meal Prices**  
Student Breakfast \$2.50  
Reduced Breakfast \$0.00  
Faculty Breakfast \$4.75

