

Monday

Tuesday

Wednesday

Thursday

Friday



<p>Breakfast Burrito 5 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Pillsbury Pancakes 6 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Breakfast Pizza 7 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Breakfast Pizza 1 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>French Toast Sticks 2 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>
<p>Cheddar Cheese Omelet 12 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Breakfast Sandwich 13 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Pancake on a Stick 14 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Cheese Stick and Muffin 15 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Breakfast Pizza 16 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>
<p>Breakfast Sandwich 19 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Pillsbury Pancakes 20 or Choice of Cereal Choice of fresh fruit or Juice Choice of Milk</p>	<p>Choice of 21 Cereal, Cereal Bar, Poptart, or Doughnuts Choice of fresh fruit or Juice Choice of Milk</p>	<p>No School 22 Winter Break</p>	<p>No School 23 Winter Break</p>
<p>No School 26 Winter Break</p>	<p>No School 27 Winter Break</p>	<p>No School 28 Winter Break</p>	<p>No School 29 Winter Break</p>	<p>No School 30 Winter Break</p>

Meal Pattern Requirements

- 1 oz. Grain or 1 oz. or Meat/Meat Alternate
- 1 cup Fruit or Vegetable
- 8 Fluid ounces Milk

Additional choices offered daily may include:

- Fresh Fruit, Yogurt, Pop-tarts, Doughnuts, Muffins, Cereal, Cereal Bars, and Juice

High School Daily Lunch Meal Minimum Requirements
Meat/Meat Alternate—2 oz. Vegetables—1 cup Fruits—1 cup
Grains—2 oz. Milk—1 cup

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High School Daily Lunch Meal Minimum Requirements

Meat/Meat Alternate—2 oz. Vegetables—1 cup Fruits—1 cup
Grains—2 oz. Milk—1 cup

Middle School Daily Lunch Meal Minimum Requirements

Meat/Meat Alternate—1 oz. Vegetables—3/4 cup Fruits—1/2 cup Grains—1 oz. Milk—1 cup

Toasted Grilled Cheese 1

Tomato Soup, Sun Chips
Fresh Fruit and Veggies,
Choice of Milk

Walking Taco 2

Steamed Corn
Black Beans
Fresh Banana
White Milk

Pizza Burger 5
French Fries
Fresh Fruit and Veggies
Choice of Milk

Orange Chicken 6
Steamed Rice
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

Tyson Chicken Tenders 7
French Fries
Fresh Fruit and Veggies
Choice of Milk

Grilled Chicken Sandwich 8
Mashed Potatoes w/gravy
Gr. Beans, Mixed Fruit
Choice of Milk and Juice

Crunchy Beef Taco 9
Steamed Corn
Refried Beans
Apple Sauce
White Milk

Tyson Chicken Drumsticks 12
Buttered Egg Noodles
Peas and Carrots
Fresh Fruit and Veggies
Choice of Milk

General Tso's Chicken 13
Steamed Rice,
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

Meatball Hoagie 14
French Fries
Green Beans
Fresh Fruit and Veggies
Choice of Milk

Creamed Turkey and Biscuits 15
Mashed Potatoes w/gravy
Green Beans, Fresh Fruit
Choice of Milk

BBQ Chicken Quesadilla 16
Salsa, Sour Cream
Tortilla Soup
Fresh Fruit and Veggies,
Choice of Milk

Baked Italian Hoagie 19
French Fries, Green Beans
Fresh Fruit and Veggies
Choice of Milk

Orange Chicken 20
Steamed Rice
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

Brunch for Lunch 21
Pancakes, Sausage Patty
Ore Ida Hash Brown
Choice of Juice
Choice of Milk

No School 22
Winter Break

No School 23
Winter Break

No School 26
Winter Break

No School 27
Winter Break

No School 28
Winter Break

No School 29
Winter Break

No School 30
Winter Break