

SCHOOL MENU – FALL 2022

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 18	MONDAY SEP 19	TUESDAY SEP 20	WEDNESDAY SEP 21	THURSDAY SEP 22	FRIDAY SEP 23	SATURDAY SEP 24
5 WHOLE GRAIN FRENCH TOAST STICKS WITH FRESH BERRIES 2 BREAKFAST SAUSAGE 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP COLD CEREAL, 3 CHOICES 1 CANADIAN BACON 1 ORGANIC YOGURT ½ CUP BERRIES ½ PT MILK ½ PT OJ	1 HOMEMADE LOW FAT PUMPKIN AND CREAM CHEESE MUFFIN 2 VEGGIE SAUSAGE PATTY MARGARINE/JAM 1 ORGANIC YOGURT FRESH FRUIT SALAD ½ PT MILK ½ PT OJ	1 EGG AND WHOLE GRAIN BISCUIT BREAKFAST SANDWICH WITH TURKEY SAUSAGE AND CHEESE FRUIT SALAD 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL 1 VEGGIE BREAKFAST PATTY BUTTER OR CREAM CHEESE BERRIES FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	3 WHOLE GRAIN PANCAKES MARGARINE/SYRUP 1 TURKEY SAUSAGE LINKS FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE WHOLE WHEAT BAGEL APPLE JUICE 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
BYO BURGER BAR 6 OZ. VEGGIE BURGER ON A WHOLE WHEAT BUN ½ CUP BAKED POTATO WEDGES ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACO ½ CUP CORN PICO DE GALLO SALAD ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SLICE PIZZA 1 CUP OF CARROT SALAD FRESH FRUIT ½ PT. MILK	6 OZ CHICKEN FINGERS ½ CUP BROCCOLI ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO & BASIL SOUP 1 WHOLE WHEAT PRETZEL GRILLED CHEESE SANDWICH 1 CUP OF CUCUMBER AND TOMATO SALAD FRESH FRUIT ½ PT MILK	6 OZ. BAKED FISH STICKS ½ CUP SWEET POTATO WEDGES ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, TUNA OR CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ GRILLED CHICKEN OVER WHOLE WHEAT PASTA WITH BROCCOLI AND ROASTED TOMATO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ GNOCCHI AND HAM WITH A CAULIFLOWER CREAM ½ CUP BRUSSEL SPROUT 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ KOREAN CHICKEN RICE BOWL 1 CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SPINACH LASAGNA ROLLS ½ CUP OF ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO BAHIMI WITH AN AVOCADO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED STEAK & CAESAR SALAD ½ CUP CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ CHICKEN QUESADILLA VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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SCHOOL MENU – FALL 2022

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 25	MONDAY SEP 26	TUESDAY SEP 27	WEDNESDAY SEP 28	THURSDAY SEP 29	FRIDAY SEP 30	SATURDAY OCT 1
2 WAFFLES 2 SLICES OF CANADIAN BACON BUTTER MAPLE SYRUP BANANA 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 2 HARDBOILED EGGS BANANA FRESH FRUIT ½ PT MILK ½ PT OJ	1 EGG WHITE ,SPINACH, TOMATO ,CHEDDAR OMELET FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL 1 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER OR LOW FAT CREAM CHEESE 1 ORGANIC YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG WHITE McMUFFIN WITH HAM AND CHEESE ½ CUP MIXED FRUIT SALAD 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	2 FRENCH TOAST 2 TURKEY LINKS BUTTER PURE MAPLE SYRUP FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	3 OZ SCRAMBLED EGGS WITH OR W/O CHEESE ½ CUP HASH BROWN PATTY FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ
1 ROAST BEEF, PROVOLONE WITH HORSERADISH AIOLI SANDWICH 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP SWEET POTATO FRIES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHEESE QUESADILLA W/PEPPERS & ONIONS ½ CUP SALSA ½ CUP CORN AND BLACK BEAN SALAD SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN BBQ MEATBALLS ½ CUP EGG NOODLES ½ CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. PATTY MELT W/ CARAMELIZED ONIONS, SPICY MAYO 1 CUP GREEN SALAD FRESH FRUIT ½ PT. MILK	1 PIZZA OR BAKED SALMON 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN SAUSAGE PARMESAN OVER PASTA ½ CUP GREENS WITH GARLIC AND LEMON 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ MACARONI & CHEESE BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BAKED PORK CHOP ½ CUP YUKON GOLD MASH ½ CUP GREEN BEANS AND CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. SALMON POKE BOWL 1 CUP OF PICKLED CABBAGE SLAW 1 CUP OF STICKY RICE 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ ITALIAN POT ROAST ½ CUP POLENTA ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 VEGGIE AND KALE DUMPLINGS ½ CUPS RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	5 OZ BAKED ZITI ½ CUP STEAMED CARROTS ½ CUP GARLIC BREAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 FISH TACOS 1 CUP BROWN RICE ½ CUP NAPPA SLAW 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2022

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY OCT 2	MONDAY OCT 3	TUESDAY OCT 4	WEDNESDAY OCT 5	THURSDAY OCT 6	FRIDAY OCT 7	SATURDAY OCT 8
1 CUP CEREAL YOUR CHOICE 2 TURKEY LINKS 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL 1 VEGGIE BREAKFAST PATTY JELLY/BUTTER OR LOW FAT CREAM CHEESE 1 ORGANIC YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 CUP OF FRESH BERRIES AND GRANOLA YOGURT PARFAIT 2 HARDBOILED EGGS BANANA ½ PT. MILK ½ PT. OJ	1 EGG SANDWICH EGG, AND CHEESE BANANA 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 MULTI GRAIN TOAST WITH AVOCADO AND A BOILED EGG 1 ORGANIC YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	2 WAFFLES 2 VEGGIE SAUSAGE PATTY BUTTER MAPLE SYRUP 1/2CANTALOUPE WEDGES 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	6 OZ SCRAMBLED EGGS WITH BRISKET HASH WITH CHEESE FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ½ BROCCOLI ½ SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ SWEDISH MEATBALLS 1CUP OF EGG NOODLES ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	TACO TUESDAY 2 BEEF TACOS ½ CUP PEPPER AND ONIONS ½ CUP OF MEXICAN STREET CORN SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ TORTELLINI PASTA WITH TOMATO AND BASIL SAUCE ½ CUP GREEN BEANS 1 WHOLE GRAIN GARLIC BREAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN SALAD ON A WRAP 1CUP OF CARROT AND CELERY WITH HUMMUS 1 CUP SALAD FRESH FRUIT ½ PT MILK	2 PIZZA BREAD STICKS OR BAKED SALMON ½ CUP BROCCOLI ½ CUP QUINOA SALAD 1 CUP SALAD FRESH FRUIT ½ PT. MILK	6 OZ CHICKEN FRANCESE ½ CUP BROWN RICE ½ CUP ROASTED BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ GRILLED CHICKEN BREAST 8 OZ. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	5 OZ. SALMON ½ CUP ZUCCHINI AND RED PEPPERS ½ CUP QUINOA PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. MEXICAN STEAK RICE BOWL ½ CUP BROWN RICE ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. BROCCOLI MAC AND CHEESE 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. ROASTED CHICKEN ½ CUP MASHED POTATO ½ CUP ROASTED CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. SHRIMP AND PINEAPPLE FRIED RICE ½ CUP GARLIC GREEN BEANS 1 CUP OF GINGER MISO SALAD WITH CARROT GINGER DRESSING FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILALE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2022

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Oct 9	MONDAY Oct 10	TUESDAY Oct 11	WEDNESDAY Oct 12	THURSDAY Oct 13	FRIDAY Oct 14	SATURDAY Oct 15
1 CUP HOT CREAM OF WHEAT WITH CINNAMON AND BANANA 2 VEGGIE SAUSAGE PATTY 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	3 SLICES FRENCH TOAST STICKS ½ CUP FRESH FRUIT PURE MAPLE SYRUP FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	4 OZ DENVER EGG SCRAMBLED W/ CHEESE FRESH BERRIES 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 WHOLE WHEAT BAGEL 2 TURKEY LINKS VEGGIE OR REGULAR CREAM CHEESE 1 ORGANIC YOGURT FRESH FRUIT SALAD ½ PT MILK ½ PT OJ	1 HOMEMADE OATMEAL SQUARE WITH A YOGURT SMOOTHIE ½ CUP FRESH BERRIES ½ PT MILK ½ PT OJ	1 CUP CEREAL YOUR CHOICE 2 BREAKFAST LINKS 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 1 ORGANIC YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
6 OZ PHILLY CHEESESTEAK ON A WHOLE WHEAT WEDGE ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP SWEET POTATO FRIES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PASTA TURKEY BOLOGNESE ½ CUP OF GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BASIL & TOMATO SOUP 1 WHOLE WHEAT PRETZEL GRILLED CHEESE SANDWICH 1 CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. LENTIL SOUP 6 OZ. CUBAN SANDWICH ½ VEGGIE QUINOA SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 BAJA FISH TACOS 6 OZ BATTERED COD ½ CUP CHIPS AND SALSA ½ CUP CILANTRO NAPA CABBAGE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	DELI BAR TUNA OR CHICKEN SALAD, TURKEY/HAM/ASSORTED CHEESES, 3 OZ MEAT, 1OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW OR POTATO 1 CUP OF SALAD PT MILK
1 CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ BAKED HERB SALMON ½ CUP GNOCCHI WITH POMODORO SAUCE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGGIE RICE BOWL ½ CUP CILANTRO RICE ½ CUP CORN AND BLACK BEAN PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN BEEF MEATBALLS OVER EGG NOODLES 1 CUP CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN SHAWARMA BOWL WITH A CILANTRO YOGURT SAUCE 1 CUP OF BROWN RICE 1 CUP TRI COLOR TOMATO AND CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TORTELLINI PASTA WITH TOMATO AND BASIL SAUCE ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK	1 CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2022

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Oct 16	MONDAY Oct 17	TUESDAY Oct 18	WEDNESDAY Oct 19	THURSDAY Oct 20	FRIDAY Oct 21	SATURDAY Oct 22
5 WHOLE GRAIN FRENCH TOAST STICKS WITH FRESH BERRIES 2 BREAKFAST SAUSAGE 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP COLD CEREAL, 3 CHOICES 1 CANADIAN BACON 1 ORGANIC YOGURT ½ CUP BERRIES ½ PT MILK ½ PT OJ	1 HOMEMADE LOW FAT PUMPKIN AND CREAM CHEESE MUFFIN 2 VEGGIE SAUSAGE PATTY MARGARINE/JAM 1 ORGANIC YOGURT FRESH FRUIT SALAD ½ PT MILK ½ PT OJ	1 EGG AND WHOLE GRAIN BISCUIT BREAKFAST SANDWICH WITH TURKEY SAUSAGE AND CHEESE FRUIT SALAD 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL 1 VEGGIE BREAKFAST PATTY BUTTER OR CREAM CHEESE BERRIES FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	3 WHOLE GRAIN PANCAKES MARGARINE/SYRUP 1 TURKEY SAUSAGE LINKS FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE WHOLE WHEAT BAGEL APPLE JUICE 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
BYO BURGER BAR 6 OZ. VEGGIE BURGER ON A WHOLE WHEAT BUN ½ CUP BAKED POTATO WEDGES ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACO ½ CUP CORN PICO DE GALLO SALAD ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SLICE PIZZA 1 CUP OF CARROT SALAD FRESH FRUIT ½ PT. MILK	6 OZ CHICKEN FINGERS ½ CUP BROCCOLI ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO & BASIL SOUP 1 WHOLE WHEAT PRETZEL GRILLED CHEESE SANDWICH 1 CUP OF CUCUMBER AND TOMATO SALAD FRESH FRUIT ½ PT MILK	6 OZ. BAKED FISH STICKS ½ CUP SWEET POTATO WEDGES ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, TUNA OR CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ GRILLED CHICKEN OVER WHOLE WHEAT PASTA WITH BROCCOLI AND ROASTED TOMATO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ GNOCCHI AND HAM WITH A CAULIFLOWER CREAM ½ CUP BRUSSEL SPROUT 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ KOREAN CHICKEN RICE BOWL 1 CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SPINACH LASAGNA ROLLS ½ CUP OF ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO BAHIMI WITH AN AVOCADO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED STEAK & CAESAR SALAD ½ CUP CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BBQ CHICKEN QUESADILLA VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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SCHOOL MENU – FALL 2022

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY OCT 23	MONDAY OCT 24	TUESDAY OCT 25	WEDNESDAY OCT 26	THURSDAY OCT 27	FRIDAY OCT 28	SATURDAY OCT 29
2 WAFFLES 2 SLICES OF CANADIAN BACON BUTTER MAPLE SYRUP BANANA 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 2 HARDBOILED EGGS BANANA FRESH FRUIT ½ PT MILK ½ PT OJ	1 EGG WHITE ,SPINACH, TOMATO ,CHEDDAR OMELET FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL 1 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER OR LOW FAT CREAM CHEESE 1 ORGANIC YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG WHITE McMUFFIN WITH HAM AND CHEESE ½ CUP MIXED FRUIT SALAD 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	2 FRENCH TOAST 2 TURKEY LINKS BUTTER PURE MAPLE SYRUP FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	3 OZ SCRAMBLED EGGS WITH OR W/O CHEESE ½ CUP HASH BROWN PATTY FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ
1 ROAST BEEF, PROVOLONE WITH HORSERADISH AIOLI SANDWICH 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP SWEET POTATO FRIES ½ CUP BROCCOLI AND CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHEESE QUESADILLA W/PEPPERS & ONIONS ½ CUP SALSA ½ CUP CORN AND BLACK BEAN SALAD SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN BBQ MEATBALLS ½ CUP EGG NOODLES ½ CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. PATTY MELT W/ CARAMELIZED ONIONS, SPICY MAYO ½ CUP GREEN SALAD FRESH FRUIT - APPLE ½ PT. MILK	1 PIZZA OR BAKED SALMON 1CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN SAUSAGE PARMESAN OVER PASTA ½ CUP GREENS WITH GARLIC AND LEMON 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ MACARONI & CHEESE BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BAKED PORK CHOP ½CUP YUKON GOLD MASH ½ CUP GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. SALMON POKE BOWL 1 CUP OF PICKLED CABBAGE SLAW 1 CUP OF STICKY RICE 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ ITALIAN POT ROAST ½ CUP POLENTA ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 CHICKEN OR VEGGIE AND KALE DUMPLINGS ½ CUPS RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	5 OZ BAKED ZITI ½ CUP STEAMED CARROTS ½ CUP GARLIC BREAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 FISH TACOS 1 CUP BROWN RICE ½ CUP NAPPA SLAW 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2022

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Oct 30	MONDAY Oct 31	TUESDAY Nov 1	WEDNESDAY Nov 2	THURSDAY Nov 3	FRIDAY Nov 4	SATURDAY Nov 5
1 CUP CEREAL YOUR CHOICE 2 TURKEY LINKS 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL 1 VEGGIE BREAKFAST PATTY JELLY/BUTTER OR LOW FAT CREAM CHEESE 1 ORGANIC YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 CUP OF FRESH BERRIES AND GRANOLA YOGURT PARFAIT 2 HARDBOILED EGGS BANANA ½ PT. MILK ½ PT. OJ	1 EGG SANDWICH EGG, AND CHEESE BANANA 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 MULTI GRAIN TOAST WITH AVOCADO AND A BOILED EGG 1 ORGANIC YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	2 WAFFLES 2 VEGGIE SAUSAGE PATTY BUTTER MAPLE SYRUP 1/2CANTALOUPE WEDGES 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	6 OZ SCRAMBLED EGGS WITH BRISKET HASH WITH CHEESE FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ½ BROCCOLI ½ SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ SWEDISH MEATBALLS 1CUP OF EGG NOODLES ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	TACO TUESDAY 2 BEEF TACOS ½ CUP PEPPER AND ONIONS ½ CUP OF MEXICAN STREET CORN SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ TORTELLINI PASTA WITH TOMATO AND BASIL SAUCE ½ CUP GREEN BEANS 1 WHOLE GRAIN GARLIC BREAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN SALAD ON A WRAP 1CUP OF CARROT AND CELERY WITH HUMMUS 1 CUP SALAD FRESH FRUIT ½ PT MILK	2 PIZZA BREAD STICKS OR BAKED SALMON ½ CUP BROCCOLI ½ CUP QUINOA SALAD 1 CUP SALAD FRESH FRUIT ½ PT. MILK	6 OZ CHICKEN FRANCESE ½ CUP BROWN RICE ½ CUP ROASTED BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ GRILLED CHICKEN BREAST 8 OZ. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	5 OZ. SALMON ½ CUP ZUCCHINI AND RED PEPPERS ½ CUP QUINOA PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. MEXICAN STEAK RICE BOWL ½ CUP BROWN RICE ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. BROCCOLI MAC AND CHEESE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. ROASTED CHICKEN ½ CUP MASHED POTATO ½ CUP ROASTED CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. SHRIMP AND PINEAPPLE FRIED RICE ½ CUP GARLIC GREEN BEANS 1 CUP OF GINGER MISO SALAD WITH CARROT GINGER DRESSING FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2022

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Nov 6	MONDAY Nov 7	TUESDAY Nov 8	WEDNESDAY Nov 9	THURSDAY Nov 10	FRIDAY Nov 1	SATURDAY Nov 12
1 CUP HOT CREAM OF WHEAT WITH CINNAMON AND BANANA 2 VEGGIE SAUSAGE PATTY 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	3 SLICES FRENCH TOAST STICKS ½ CUP FRESH FRUIT PURE MAPLE SYRUP FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	4 OZ DENVER EGG SCRAMBLED W/ CHEESE FRESH BERRIES 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 WHOLE WHEAT BAGEL 2 TURKEY LINKS VEGGIE OR REGULAR CREAM CHEESE 1 ORGANIC YOGURT FRESH FRUIT SALAD ½ PT MILK ½ PT OJ	1 HOMEMADE OATMEAL SQUARE WITH A YOGURT SMOOTHIE ½ CUP FRESH BERRIES ½ PT MILK ½ PT OJ	1 CUP CEREAL YOUR CHOICE 2 BREAKFAST LINKS 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 1 ORGANIC YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
6 OZ PHILLY CHEESESTEAK ON A WHOLE WHEAT WEDGE ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP SWEET POTATO FRIES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PASTA TURKEY BOLOGNESE ½ CUP OF GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BASIL & TOMATO SOUP 1 WHOLE WHEAT PRETZEL GRILLED CHEESE SANDWICH 1 CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. LENTIL SOUP 6 OZ. CUBAN SANDWICH ½ VEGGIE QUINOA SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 BAJA FISH TACOS 6 OZ BATTERED COD ½ CUP CHIPS AND SALSA ½ CUP CILANTRO NAPA CABBAGE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	DELI BAR TUNA OR CHICKEN SALAD, TURKEY/HAM/ASSORTED CHEESES, 3 OZ MEAT, 1OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW OR POTATO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
1 CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ BAKED HERB SALMON ½ CUP GNOCCHI WITH POMODORO SAUCE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGGIE RICE BOWL ½ CUP CILANTRO RICE ½ CUP CORN AND BLACK BEAN PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN BEEF MEATBALLS OVER EGG NOODLES 1 CUP CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN SHAWARMA BOWL WITH A CILANTRO YOGURT SAUCE 1 CUP OF RICE 1 CUP TRI COLOR TOMATO AND CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TORTELLINI PASTA WITH TOMATO AND BASIL SAUCE ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK	1 CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2022

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Nov 13	MONDAY Nov 14	TUESDAY Nov 15	WEDNESDAY Nov 16	THURSDAY Nov 17	FRIDAY Nov 18	SATURDAY Nov 19
5 WHOLE GRAIN FRENCH TOAST STICKS WITH FRESH BERRIES 2 BREAKFAST SAUSAGE 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP COLD CEREAL, 3 CHOICES 1 CANADIAN BACON 1 ORGANIC YOGURT ½ CUP BERRIES ½ PT MILK ½ PT OJ	1 HOMEMADE LOW FAT PUMPKIN AND CREAM CHEESE MUFFIN 2 VEGGIE SAUSAGE PATTY MARGARINE/JAM 1 ORGANIC YOGURT FRESH FRUIT SALAD ½ PT MILK ½ PT OJ	1 EGG AND WHOLE GRAIN BISCUIT BREAKFAST SANDWICH WITH TURKEY SAUSAGE AND CHEESE FRUIT SALAD 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL 1 VEGGIE BREAKFAST PATTY BUTTER OR CREAM CHEESE BERRIES FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	3 WHOLE GRAIN PANCAKES MARGARINE/SYRUP 1 TURKEY SAUSAGE LINKS FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE WHOLE WHEAT BAGEL APPLE JUICE 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
BYO BURGER BAR 6 OZ. VEGGIE BURGER ON A WHOLE WHEAT BUN ½ CUP BAKED POTATO WEDGES ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACO ½ CUP CORN PICO DE GALLO SALAD ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SLICE PIZZA 1 CUP OF CARROT SALAD FRESH FRUIT ½ PT. MILK	6 OZ CHICKEN FINGERS ½ CUP BROCCOLI ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO & BASIL SOUP 1 WHOLE WHEAT PRETZEL GRILLED CHEESE SANDWICH 1 CUP OF CUCUMBER AND TOMATO SALAD FRESH FRUIT ½ PT MILK	6 OZ. BAKED FISH STICKS ½ CUP SWEET POTATO WEDGES ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, TUNA OR CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ GRILLED CHICKEN OVER WHOLE WHEAT PASTA WITH BROCCOLI AND ROASTED TOMATO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ GNOCCHI AND HAM WITH A CAULIFLOWER CREAM ½ CUP BRUSSEL SPROUT 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ KOREAN CHICKEN RICE BOWL 1 CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SPINACH LASAGNA ROLLS ½ CUP OF ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO BAHIMI WITH AN AVOCADO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED STEAK & CAESAR SALAD ½ CUP CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ CHICKEN QUESADILLA VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2022

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Nov 20	MONDAY Nov 21	TUESDAY Nov 22	WEDNESDAY Nov 23	THURSDAY Nov 24	FRIDAY Nov 25	SATURDAY Nov 26
2 WAFFLES 2 SLICES OF CANADIAN BACON BUTTER MAPLE SYRUP BANANA 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 2 HARDBOILED EGGS BANANA FRESH FRUIT ½ PT MILK ½ PT OJ	1 EGG WHITE ,SPINACH, TOMATO ,CHEDDAR OMELET FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL 1 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER OR LOW FAT CREAM CHEESE 1 ORGANIC YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG WHITE McMUFFIN WITH HAM AND CHEESE ½ CUP HOME FRIES ½ CUP MIXED FRUIT SALAD 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	2 FRENCH TOAST 2 TURKEY LINKS BUTTER PURE MAPLE SYRUP FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	3 OZ SCRAMBLED EGGS WITH OR W/O CHEESE ½ CUP HASH BROWN PATTY FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ
1 ROAST BEEF, PROVOLONE WITH HORSERADISH AIOLI SANDWICH 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP SWEET POTATO FRIES ½ CUP BROCCOLI AND CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHEESE QUESADILLA W/PEPPERS & ONIONS ½ CUP SALSA ½ CUP CORN AND BLACK BEAN SALAD SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN BBQ MEATBALLS ½ CUP EGG NOODLES ½ CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. PATTY MELT W/ CARAMELIZED ONIONS, SPICY MAYO ½ CUP GREEN SALAD FRESH FRUIT - APPLE ½ PT. MILK	1 PIZZA OR BAKED SALMON 1CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN SAUSAGE PARMESAN OVER PASTA ½ CUP GREENS WITH GARLIC AND LEMON 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ MACARONI & CHEESE BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BAKED PORK CHOP ½CUP YUKON GOLD MASH ½ CUP GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. SALMON POKE BOWL 1 CUP OF PICKLED CABBAGE SLAW 1 CUP OF STICKY RICE 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ ITALIAN POT ROAST ½ CUP POLENTA ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 CHICKEN OR VEGGIE AND KALE DUMPLINGS ½ CUPS RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	5 OZ BAKED ZITI ½ CUP STEAMED CARROTS ½ CUP GARLIC BREAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 FISH TACOS 1 CUP BROWN RICE ½ CUP NAPPA SLAW 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2022

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Nov 27	MONDAY Nov 28	TUESDAY Nov 29	WEDNESDAY Nov 30	THURSDAY Dec 1	FRIDAY Dec 2	SATURDAY Dec 3
1 CUP CEREAL YOUR CHOICE 2 TURKEY LINKS 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL 1 VEGGIE BREAKFAST PATTY JELLY/BUTTER OR LOW FAT CREAM CHEESE 1 ORGANIC YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 CUP OF FRESH BERRIES AND GRANOLA YOGURT PARFAIT 2 HARDBOILED EGGS BANANA ½ PT. MILK ½ PT. OJ	1 EGG SANDWICH EGG, AND CHEESE BANANA 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 MULTI GRAIN TOAST WITH AVOCADO AND A BOILED EGG 1 ORGANIC YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	2 WAFFLES 2 VEGGIE SAUSAGE PATTY BUTTER MAPLE SYRUP 1/2CANTALOUPE WEDGES 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	6 OZ SCRAMBLED EGGS WITH BRISKET HASH WITH CHEESE FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ½ BROCCOLI ½ SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ SWEDISH MEATBALLS 1CUP OF EGG NOODLES ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	TACO TUESDAY 2 BEEF TACOS ½ CUP PEPPER AND ONIONS ½ CUP OF MEXICAN STREET CORN SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ TORTELLINI PASTA WITH TOMATO AND BASIL SAUCE ½ CUP GREEN BEANS 1 WHOLE GRAIN GARLIC BREAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN SALAD ON A WRAP 1CUP OF CARROT AND CELERY WITH HUMMUS 1 CUP SALAD FRESH FRUIT ½ PT MILK	2 PIZZA BREAD STICKS OR BAKED SALMON ½ CUP BROCCOLI ½ CUP QUINOA SALAD 1 CUP SALAD FRESH FRUIT ½ PT. MILK	6 OZ CHICKEN FRANCESE ½ CUP BROWN RICE ½ CUP ROASTED BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ GRILLED CHICKEN BREAST 8 OZ. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	5 OZ. SALMON ½ CUP ZUCCHINI AND RED PEPPERS ½ CUP QUINOA PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. MEXICAN STEAK RICE BOWL ½ CUP BROWN RICE ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. BROCCOLI MAC AND CHEESE 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. ROASTED CHICKEN ½ CUP MASHED POTATO ½ CUP ROASTED CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. SHRIMP AND PINEAPPLE FRIED RICE ½ CUP GARLIC GREEN BEANS 1 CUP OF GINGER MISO SALAD WITH CARROT GINGER DRESSING FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2022

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY DEC 4	MONDAY DEC 5	TUESDAY DEC 6	WEDNESDAY DEC 7	THURSDAY DEC 8	FRIDAY DEC 9	SATURDAY DEC 10
1 CUP HOT CREAM OF WHEAT WITH CINNAMON AND BANANA 2 VEGGIE SAUSAGE PATTY 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	3 SLICES FRENCH TOAST STICKS ½ CUP FRESH FRUIT PURE MAPLE SYRUP FRESH FRUIT 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	4 OZ DENVER EGG SCRAMBLED W/ CHEESE 4 OZ HASH BROWN PATTY WHOLE WHEAT TOAST FRESH BERRIES 1 ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 WHOLE WHEAT BAGEL 2 TURKEY LINKS VEGGIE OR REGULAR CREAM CHEESE 1 ORGANIC YOGURT FRESH FRUIT SALAD ½ PT MILK ½ PT OJ	1 HOMEMADE OATMEAL SQUARE WITH A YOGURT SMOOTHIE ½ CUP FRESH BERRIES ½ PT MILK ½ PT OJ	1 CUP CEREAL YOUR CHOICE 2 BREAKFAST LINKS 1 ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 1 ORGANIC YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
6 OZ PHILLY CHEESESTEAK ON A WHOLE WHEAT WEDGE ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP SWEET POTATO FRIES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PASTA TURKEY BOLOGNESE ½ CUP OF GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BASIL & TOMATO SOUP 1 WHOLE WHEAT PRETZEL GRILLED CHEESE SANDWICH 1 CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. LENTIL SOUP 6 OZ. CUBAN SANDWICH ½ VEGGIE QUINOA SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 BAJA FISH TACOS 6 OZ BATTERED COD ½ CUP CHIPS AND SALSA ½ CUP CILANTRO NAPA CABBAGE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	DELI BAR TUNA OR CHICKEN SALAD, TURKEY/HAM/ASSORTED CHEESES, 3 OZ MEAT, 1OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW OR POTATO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
1 CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ BAKED HERB SALMON ½ CUP GNOCCHI WITH POMODORO SAUCE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGGIE RICE BOWL ½ CUP CILANTRO RICE ½ CUP CORN AND BLACK BEAN PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN BEEF MEATBALLS OVER EGG NOODLES 1 CUP CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN SHAWARMA BOWL WITH A CILANTRO YOGURT SAUCE 1 CUP OF RICE 1 CUP TRI COLOR TOMATO AND CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TORTELLINI PASTA WITH TOMATO AND BASIL SAUCE ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK	1 CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL