

# **SCHOOL MENU – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MARCH 5<sup>TH</sup></b>	<b>MONDAY MARCH 6<sup>TH</sup></b>	<b>TUESDAY MARCH 7<sup>TH</sup></b>	<b>WEDNESDAY MARCH 8<sup>TH</sup></b>	<b>THURSDAY MARCH 9<sup>TH</sup></b>	<b>FRIDAY MARCH 10<sup>TH</sup></b>	<b>SATURDAY MARCH 11<sup>TH</sup></b>
5 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH MIXED BERRIES 4 OZ GREEK YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE LOW FAT BANANA MUFFIN 2 SAUSAGE LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 EGG, CHEESE AND CANADIAN BACON BREAKFAST SANDWICH FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 OVERNIGHT OATS BOWL FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH HONEY AND CINNAMON CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
BYO BURGER BAR 6 OZ. BURGER ON A WHOLE WHEAT BUN ½ CUP BAKED POTATO WEDGES ½ CUP CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BEEF NACHOS ½ CUP CORN AND BLACK BEAN RELISH ½ CUP SALSA ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PASTA E FAGIOLI SOUP 1 GRANDMA'S PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	4 BREADED CHICKEN TENDERS ½ CUP BROCCOLI ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO & BASIL SOUP 1 PRETZEL BUN GRILLED CHEESE SANDWICH 1 CUP OF MIXED ARUGULA SALAD FRESH FRUIT ½ PT MILK 1 CUP OF SALAD	6 OZ. BAKED BATTERED FISH ½ CUP POTATO WEDGES ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK DAY	DELI BAR TURKEY/HAM/ASSORTED CHEESES, TUNA OR CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP MACARONI SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ GRILLED CHICKEN OVER WHOLE WHEAT PASTA ½ CUP BROCCOLI AND ROASTED TOMATO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ 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 ½ CUP BROCCOLI AND CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	CHICKEN PARMESAN WITH PENNE PASTA ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	BOWL OF SHRIMP AND PINEAPPLE FRIED RICE 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"> <li>1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)</li> <li>2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS</li> <li>3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH</li> <li>4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE</li> </ol>	<ol style="list-style-type: none"> <li>5. LOW FAT LOW SUGAR SNACKS 2 PER DAY</li> <li>6. LOW SUGAR WHOLE GRAIN CEREAL</li> <li>7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER</li> <li>8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL</li> </ol>
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# **SCHOOL MENU – SPRING 2023**

## **ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MARCH 12<sup>TH</sup></b>	<b>MONDAY MARCH 13<sup>TH</sup></b>	<b>TUESDAY MARCH 14<sup>TH</sup></b>	<b>WEDNESDAY MARCH 15<sup>TH</sup></b>	<b>THURSDAY MARCH 16<sup>TH</sup></b>	<b>FRIDAY MARCH 17<sup>TH</sup></b>	<b>SATURDAY MARCH 18<sup>TH</sup></b>
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT BANANA ½ PT MILK ½ PT OJ	1 EGG, FETA, TOMATO, OMELET 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH STRAWBERRY CREAM CHEESE 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, HAM AND SWISS CROISSANT SANDWICH ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN FRENCH TOAST 2 TURKEY LINKS BUTTER PURE MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	3 OZ SCRAMBLED EGGS WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ MACARONI & CHEESE BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP SWEET POTATO FRIES ½ CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN BBQ MEATBALLS BOWL ½ CUP SWEET AND SOUR BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 WHOLE GRAIN CHEESE QUESADILLA W/ PEPPERS AND ONION ½ CUP SALSA ½ CUP CORN AND BLACK BEAN SALAD SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. CORNED BEEF ½ CUP CABBAGE WEDGES ½ CUP BOILED RED BLISS POTATO ½ CUP CARROTS 1 SLICES OF IRISH SODA BREAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	1 BAKED MAHI MAHI WITH PINEAPPLE SALSA 1 CUP COCONUT AND LIME RICE OR 2 PIZZA STICKS ½ CUP OF BROCCOLI FRESH FRUIT ½ PT. CHOCOLATE MILK 1 CUP OF SALAD	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ PULLED CHICKEN ENCHILADAS ½ CUP MEXICAN RICE ½ CUP OF BLACK BEANS ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GRILLED PORK CHOP ½ CUP GARLIC MASHED POTATO ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. THREE BEAN CHICKEN CHILI BOWL ½ CUP TORTILLA CHIP ½ CUP CORN SUCCOTASH 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 TURKEY POT PIE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI 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 BEEF TACOS ½ CUP BROWN RICE ½ CUP PEPPERS AND ONIONS 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 – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MARCH 19<sup>TH</sup></b>	<b>MONDAY MARCH 20<sup>TH</sup></b>	<b>TUESDAY MARCH 21<sup>ST</sup></b>	<b>WEDNESDAY MARCH 22<sup>ND</sup></b>	<b>THURSDAY MARCH 23<sup>RD</sup></b>	<b>FRIDAY MARCH 24<sup>TH</sup></b>	<b>SATURDAY MARCH 25<sup>TH</sup></b>
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH A EVERYTHING CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	2 MEXICAN BREAKFAST EGG WRAP 2 OZ AVOCADO BANANA ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 BELGIAN WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES OR BANANA 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG ,BACON AND CHEESE SANDWICH 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	6 OZ SCRAMBLED EGGS WITH BRISKET HASH WITH CHEESE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. SWEDISH MEATBALLS WITH LINGONBERRY JAM ½ CUP EGG NOODLE ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	2 CHICKEN ENCHILADAS ½ CUP PEPPER, ONION AND CORN ½ CUP OF MEXICAN BROWN RICE 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ RIGATONI WITH ROASTED RED PEPPER PESTO AND SPINACH 1 WHOLE GRAIN GARLIC BREAD 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN SALAD ON A WHOLE GRAIN WRAP 1CUP OF CARROT AND CELERY WITH HUMMUS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 GRANDMA'S PIZZA OR 6 OZ MISO GLAZED SALMON ½ CUP BROCCOLI ½ CUP RICE 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST ½ CUP HERB ROASTED POTATO 8 OZ. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK TACO ½ CUP TORTILLA CHIPS ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF MEATLOAF ½ CUP YUKON GOLD MASH ½ CUP ROASTED VEGETABLES MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BUFFALO CHICKEN MAC AND CHEESE ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SHRIMP AND PINEAPPLE FRIED RICE ½ CUP OF PEPPER AND ONION 1 CUP 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 – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MARCH 26<sup>TH</sup></b>	<b>MONDAY MARCH 27<sup>TH</sup></b>	<b>TUESDAY MARCH 28<sup>TH</sup></b>	<b>WEDNESDAY MARCH 29<sup>TH</sup></b>	<b>THURSDAY MARCH 30<sup>TH</sup></b>	<b>FRIDAY MARCH 31<sup>ST</sup></b>	<b>SATURDAY APRIL 1<sup>ST</sup></b>
1 CUP HOT CREAM OF WHEAT WITH CINNAMON OR BAGELS WITH STRAWBERRY CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES BANANA 4 OZ YOGURT ½ PT. MILK ½ PT OJ	5 SLICES WHOLE GRAIN FRENCH TOAST STICKS FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ DENVER EGG SCRAMBLED W/ CHEESE FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 WHOLE WHEAT BAGEL 2 TURKEY LINKS VEGGIE OR REGULAR CREAM CHEESE 4 OZ YOGURT ½ CUP FRUIT SALAD ½ PT MILK ½ PT OJ	1 HOMEMADE OATMEAL SQUARE WITH A YOGURT SMOOTHIE ½ CUP FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 BREAKFAST TACO WRAP ½ CUP HOME FRIES 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ 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	2 NASHVILLE CHICKEN SLIDERS ½ CUP SWEET POTATO FRIES ½ CUP SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BEEF GYRO WITH TZATZIKI SAUCE ON A PITA 1 CUP OF CUCUMBER, FETA AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO & BASIL SOUP 1 PRETZEL BUN GRILLED CHEESE SANDWICH 1 CUP OF MIXED ARUGULA SALAD FRESH FRUIT ½ PT MILK 1 CUP OF SALAD	6 OZ. LENTIL SOUP 6 OZ. CHICKEN AVOCADO MELT ½ CUP VEGGIE QUINOA SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 WHOLE WHEAT CHICKEN & VEGETABLE DUMPLINGS ½ CUP GARLIC BROCCOLI ½ CUP OF FRIED RICE 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	DELI BAR TUNA OR CHICKEN SALAD, ROAST BEEF/HAM/ASSORTED CHEESES, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
1 CHEESE PIZZA 1 CUP OF CAESAR 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	8 OZ. GNOCCHI WITH POMODORO SAUCE ½ CUP CAULIFLOWER AND BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GENERAL TSO CHICKEN RICE BOWL 1 CUP OF JASMINE RICE 1 CUP TRI COLOR STIR FRY VEGETABLES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SHREDDED BEEF WITH GRAVY OVER MASH ½ CUP MASHED POTATO 1 CUP PEAS AND CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BAKED ZITI 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 ¼ CUP 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 – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY APRIL 2<sup>ND</sup></b>	<b>MONDAY APRIL 3<sup>RD</sup></b>	<b>TUESDAY APRIL 4<sup>TH</sup></b>	<b>WEDNESDAY APRIL 5<sup>TH</sup></b>	<b>THURSDAY APRIL 6<sup>TH</sup></b>	<b>FRIDAY APRIL 7<sup>TH</sup></b>	<b>SATURDAY APRIL 8<sup>TH</sup></b>
5 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH MIXED BERRIES 4 OZ GREEK YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE LOW FAT BANANA MUFFIN 2 SAUSAGE LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 EGG, CHEESE AND CANADIAN BACON BREAKFAST SANDWICH FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 OVERNIGHT OATS BOWL WITH TROPICAL FRUIT FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH HONEY AND CINNAMON CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
BYO BURGER BAR 6 OZ. BURGER ON A WHOLE WHEAT BUN ½ CUP BAKED POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 BEEF NACHOS ½ CUP CORN AND BLACK BEAN SALAD ½ CUP SALSA ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PASTA E FAGIOLI SOUP 1 GRANDMA'S PIZZA 1 CUP OF GLAZED BRUSSEL SPROUTS FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	4 BREADED CHICKEN TENDERS ½ CUP BROCCOLI ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO & BASIL SOUP 1 PRETZEL BUN GRILLED CHEESE SANDWICH 1 CUP OF MIXED ARUGULA SALAD FRESH FRUIT ½ PT MILK 1 CUP OF SALAD	6 OZ. POPCORN SHRIMP PO BOY SANDWICH ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK DAY	1 MEATBALL HERO ½ CUP MACARONI SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ GRILLED CHICKEN OVER PASTA ½ CUP BROCCOLI AND ROASTED TOMATO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ 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 ½ CUP BROCCOLI AND CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	BOWL OF SHRIMP AND PINEAPPLE FRIED RICE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	CHICKEN PARMESAN WITH PENNE PASTA 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 LASAGNA ROLL SPINACH ½ CUP 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"> <li>1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)</li> <li>2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS</li> <li>3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH</li> <li>4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE</li> </ol>	<ol style="list-style-type: none"> <li>5. LOW FAT LOW SUGAR SNACKS 2 PER DAY</li> <li>6. LOW SUGAR WHOLE GRAIN CEREAL</li> <li>7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER</li> <li>8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL</li> </ol>
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# **SCHOOL MENU – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY APRIL 9<sup>TH</sup></b>	<b>MONDAY APRIL 10<sup>TH</sup></b>	<b>TUESDAY APRIL 11<sup>TH</sup></b>	<b>WEDNESDAY APRIL 12<sup>TH</sup></b>	<b>THURSDAY APRIL 13<sup>TH</sup></b>	<b>FRIDAY APRIL 14<sup>TH</sup></b>	<b>SATURDAY APRIL 15<sup>TH</sup></b>
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT BANANA ½ PT MILK ½ PT OJ	1 EGG, FETA, TOMATO, OMELET 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH STRAWBERRY CREAM CHEESE 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG WHITE WHOLE WHEAT CROISSANT WITH HAM AND CHEESE ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN FRENCH TOAST 2 TURKEY LINKS BUTTER PURE MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	3 OZ SCRAMBLED EGGS WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ. MACARONI & CHEESE BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	<b>SPECIAL EVENT MENU SCHOOL CLOSED</b>	6 OZ. HAWAIIAN BBQ MEATBALLS BOWL ½ CUP RICE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 WHOLE GRAIN CHEESE QUESADILLA W/ PEPPERS AND ONION ½ CUP SALSA ½ CUP CORN AND BLACK BEAN SALAD SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. CHICKEN CAPRESE MELT ½ CUP OF CUCUMBER AND TOMATO FARRO SALAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	2 PIZZA STICKS OR 1 BAKED MAHI MAHI WITH PINEAPPLE SALSA 1 CUP COCONUT AND LIME RICE ½ CUP OF BROCCOLI FRESH FRUIT ½ PT. CHOCOLATE MILK 1 CUP OF SALAD	6 OZ. CHICKEN SAUSAGE PARMESAN OVER WHOLE WHEAT PASTA ½ CUP GREEN BEANS WITH GARLIC 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ. PULLED CHICKEN ENCHILADAS ½ CUP MEXICAN RICE ½ CUP OF BLACK BEANS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. BAKED PORK CHOP ½ CUP GARLIC MASHED POTATO ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. THREE BEAN CHICKEN CHILI BOWL ½ CUP TORTILLA CHIP ½ CUP CORN SUCCOTASH 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 TURKEY POT PIE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 VEGGIE AND KALE DUMPLINGS ½ CUP BROWN 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 BEEF TACOS ½ CUP BROWN RICE ½ CUP PEPPERS AND ORNIONS 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 – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY APRIL 16<sup>TH</sup></b>	<b>MONDAY APRIL 17<sup>TH</sup></b>	<b>TUESDAY APRIL 18<sup>TH</sup></b>	<b>WEDNESDAY APRIL 19<sup>TH</sup></b>	<b>THURSDAY APRIL 20<sup>TH</sup></b>	<b>FRIDAY APRIL 21<sup>ST</sup></b>	<b>SATURDAY APRIL 22<sup>ND</sup></b>
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH A EVERYTHING CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	2 MEXICAN BREAKFAST EGG WRAP 2 OZ AVOCADO BANANA ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 BELGIAN WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES OR BANANA 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG ,BACON AND CHEESE SANDWICH 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	6 OZ SCRAMBLED EGGS WITH BRISKET HASH WITH CHEESE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ SWEDISH MEATBALLS WITH LINGONBERRY JAM ½ CUP EGG NOODLE ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	2 CHICKEN ENCHILADAS ½ CUP PEPPER, ONION AND CORN ½ CUP OF MEXICAN BROWN RICE 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ RIGATONI WITH PESTO AND TOMATO 1 WHOLE GRAIN GARLIC BREAD 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN SALAD ON A WHOLE GRAIN WRAP 1CUP OF CARROT AND CELERY WITH HUMMUS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 GRANDMA'S PIZZA OR 6 OZ. BAKED COD WITH LEMON AIOLI ½ CUP BROCCOLI ½ CUP SEASONED POTATO WEDGES 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST ½ CUP HERB ROASTED POTATO 8 OZ. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK TACO ½ CUP TORTILLA CHIPS ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIPS ½ CUP SLAW ½ CUP ROASTED POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF MEATLOAF ½ CUP YUKON GOLD MASH ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BUFFALO CHICKEN MAC AND CHEESE ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SHRIMP AND PINEAPPLE FRIED RICE ½ CUP PEPPERS AND ONIONS 1 CUP 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) 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	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 – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY</b> <b>APRIL 23<sup>RD</sup></b>	<b>MONDAY</b> <b>APRIL 24<sup>TH</sup></b>	<b>TUESDAY</b> <b>APRIL 25<sup>TH</sup></b>	<b>WEDNESDAY</b> <b>APRIL 26<sup>TH</sup></b>	<b>THURSDAY</b> <b>APRIL 27<sup>TH</sup></b>	<b>FRIDAY</b> <b>APRIL 28<sup>TH</sup></b>	<b>SATURDAY</b> <b>APRIL 29<sup>TH</sup></b>
1 CUP HOT CREAM OF WHEAT WITH CINNAMON OR BAGELS WITH STRAWBERRY CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES BANANA 4 OZ YOGURT ½ PT. MILK ½ PT OJ	5 SLICES WHOLE GRAIN FRENCH TOAST STICKS FRESH FRUIT PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ DENVER EGG SCRAMBLED W/ CHEESE FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 WHOLE WHEAT BAGEL 2 TURKEY LINKS VEGGIE OR REGULAR CREAM CHEESE 4 OZ YOGURT ½ CUP FRUIT SALAD ½ PT MILK ½ PT OJ	1 HOMEMADE OATMEAL SQUARE WITH A YOGURT SMOOTHIE ½ CUP FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 BREAKFAST TACO WRAP ½ CUP HOME FRIES 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ 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	2 NASHVILLE SLIDERS WITH SLAW ½ CUP SWEET POTATO FRIES ½ CUP SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BEEF GYRO WITH TZATZIKI SAUCE ON A PITA 1 CUP OF CUCUMBER, FETA AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO & BASIL SOUP 1 PRETZEL BUN GRILLED CHEESE SANDWICH 1 CUP OF MIXED ARUGULA SALAD FRESH FRUIT ½ PT MILK 1 CUP OF SALAD	6 OZ. LENTIL SOUP 6 OZ. CUBAN SANDWICH ON A WHOLE GRAIN ½ CUP VEGGIE QUINOA SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 WHOLE WHEAT CHICKEN & VEGETABLE DUMPLINGS ½ CUP GARLIC BROCCOLI ½ CUP FRIED RICE 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	DELI BAR TUNA OR CHICKEN SALAD, ROAST BEEF/HAM/ASSORTED CHEESES, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
1 CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	8 OZ GNOCCHI WITH POMODORO SAUCE ½ CUP CAULIFLOWER AND BROCCOLI 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 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 SHREDDED BEEF WITH GRAVY OVER MASH ½ CUP MASHED POTATO 1 CUP PEAS AND CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BAKED ZITI 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 ¼ CUP 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) 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	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 – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY APRIL 30<sup>TH</sup></b>	<b>MONDAY MAY 1<sup>ST</sup></b>	<b>TUESDAY MAY 2<sup>ND</sup></b>	<b>WEDNESDAY MAY 3<sup>RD</sup></b>	<b>THURSDAY MAY 4<sup>TH</sup></b>	<b>FRIDAY MAY 5<sup>TH</sup></b>	<b>SATURDAY MAY 6<sup>TH</sup></b>
5 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH MIXED BERRIES 4 OZ GREEK YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE LOW FAT BANANA MUFFIN 2 SAUSAGE LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 EGG, CHEESE AND CANADIAN BACON BREAKFAST SANDWICH FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 OVERNIGHT OATS BOWL WITH TROPICAL FRUIT FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH HONEY AND CINNAMON CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
BYO BURGER BAR 6 OZ. BURGER ON A WHOLE WHEAT BUN ½ CUP BAKED POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACOS ½ CUP BLACK BEAN PICO ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PASTA E FAGIOLI SOUP 1 GRANDMA'S PIZZA 1 CUP OF GLAZED BRUSSEL SPROUTS FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	4 CHICKEN TENDERS ½ CUP BROCCOLI ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO & BASIL SOUP 1 PRETZEL BUN GRILLED CHEESE SANDWICH 1 CUP OF MIXED ARUGULA SALAD FRESH FRUIT ½ PT MILK 1 CUP OF SALAD	6 OZ. BEEF OR CHICKEN NACHOS ½ CUP CORN AND BLACK BEAN RELISH 2 OZ. GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK DAY	DELI BAR TURKEY/HAM/ASSORTED CHEESES, TUNA OR CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP MACARONI SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ GRILLED CHICKEN OVER PASTA ½ CUP BROCCOLI AND ROASTED TOMATO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ GNOCCHI AND HAM WITH A CAULIFLOWER CREAM ½ CUP BRUSSEL SPROUT 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ CHICKEN QUARTERS WITH CORNBREAD ½ CUP BROCCOLI AND CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	BOWL OF SHRIMP AND PINEAPPLE FRIED RICE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	CHICKEN PARMESAN WITH PENNE PASTA 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 – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MAY 7<sup>TH</sup></b>	<b>MONDAY MAY 8<sup>TH</sup></b>	<b>TUESDAY MAY 9<sup>TH</sup></b>	<b>WEDNESDAY MAY 10<sup>TH</sup></b>	<b>THURSDAY MAY 11<sup>TH</sup></b>	<b>FRIDAY MAY 12<sup>TH</sup></b>	<b>SATURDAY MAY 13<sup>TH</sup></b>
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT BANANA ½ PT MILK ½ PT OJ	1 EGG, FETA, TOMATO, OMELET 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH STRAWBERRY CREAM CHEESE 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG WHITE WHOLE WHEAT CROISSANT WITH HAM AND CHEESE ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN FRENCH TOAST 2 TURKEY LINKS BUTTER PURE MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	3 OZ SCRAMBLED EGGS WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ MACARONI & CHEESE BROCCOLI 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 HAWAIIAN BBQ MEATBALLS BOWL ½ CUP RICE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 WHOLE GRAIN CHEESE QUESADILLA W/ PEPPERS AND ONION ½ CUP SALSA ½ CUP CORN AND BLACK BEAN SALAD SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. STEAK AND CHEDDAR MELT ½ CUP BAKED SEASONED POTATO WEDGES ½ CUP BROCCOLI FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	1 PIZZA CHEESE STICKS OR BAKED MAHI MAHI WITH PINEAPPLE SALSA 1 CUP COCONUT AND LIME RICE ½ CUP OF STIR FRY VEGETABLES FRESH FRUIT ½ PT. CHOCOLATE MILK 1 CUP OF SALAD	6 OZ CHICKEN PARMESAN ON A WEDGE ½ CUP GREEN BEANS WITH GARLIC 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ PULLED CHICKEN ENCHILADAS ½ CUP MEXICAN RICE ½ CUP OF BLACK BEANS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BAKED PORK CHOP ½ CUP GARLIC MASHED POTATO ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. THREE BEAN CHICKEN CHILI BOWL ½ CUP TORTILLA CHIP ½ CUP CORN SUCCOTASH 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 TURKEY POT PIE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 VEGGIE AND KALE DUMPLINGS ½ CUP BROWN 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 BEEF TACOS ½ CUP BROWN RICE ½ CUP PEPPERS AND ORNIONS 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) 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	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 – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MAY 14<sup>TH</sup></b>	<b>MONDAY MAY 15<sup>TH</sup></b>	<b>TUESDAY MAY 16<sup>TH</sup></b>	<b>WEDNESDAY MAY 17<sup>TH</sup></b>	<b>THURSDAY MAY 18<sup>TH</sup></b>	<b>FRIDAY MAY 19<sup>TH</sup></b>	<b>SATURDAY MAY 20<sup>TH</sup></b>
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH A EVERYTHING CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	2 MEXICAN BREAKFAST EGG WRAP 2 OZ AVOCADO BANANA ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 BELGIAN WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES OR BANANA 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG ,BACON AND CHEESE SANDWICH 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	6 OZ. SCRAMBLED EGGS WITH BRISKET HASH WITH CHEESE FRESH FRUIT 4 OZ. YOGURT ½ PT. MILK ½ PT. OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ SWEDISH MEATBALLS WITH LINGONBERRY JAM ½ CUP EGG NOODLE ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	2 CHICKEN ENCHILADAS ½ CUP PEPPER, ONION AND CORN ½ CUP OF MEXICAN BROWN RICE 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. RIGATONI WITH PESTO AND TOMATO 1 WHOLE GRAIN GARLIC BREAD 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN SALAD ON A WHOLE GRAIN WRAP 1CUP OF CARROT AND CELERY WITH HUMMUS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 GRANDMA'S PIZZA OR 6 OZ. BAKED SALMON ½ CUP BROCCOLI ½ CUP POTATO WEDGES 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ. CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST WITH PESTO SAUCE ½ CUP PENNE PASTA 8 OZ. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK TACO ½ CUP TORTILLA CHIPS ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIPS ½ CUP ROASTED ZUCCHINI ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF MEATLOAF ½ CUP YUKON GOLD MASH ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. BUFFALO CHICKEN MAC AND CHEESE ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SHRIMP AND PINEAPPLE FRIED RICE ½ CUP GARLIC GREEN BEANS 1 CUP 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) 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	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 – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MAY 21<sup>ST</sup></b>	<b>MONDAY MAY 22<sup>ND</sup></b>	<b>TUESDAY MAY 23<sup>RD</sup></b>	<b>WEDNESDAY MAY 24<sup>TH</sup></b>	<b>THURSDAY MAY 25<sup>TH</sup></b>	<b>FRIDAY MAY 26<sup>TH</sup></b>	<b>SATURDAY MAY 27<sup>TH</sup></b>
1 CUP HOT CREAM OF WHEAT WITH CINNAMON OR BAGELS WITH STRAWBERRY CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES BANANA 4 OZ YOGURT ½ PT. MILK ½ PT OJ	5 SLICES WHOLE GRAIN FRENCH TOAST STICKS FRESH FRUIT PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ DENVER EGG SCRAMBLED W/ CHEESE FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 WHOLE WHEAT BAGEL 2 TURKEY LINKS VEGGIE OR REGULAR CREAM CHEESE 4 OZ YOGURT ½ CUP FRUIT SALAD ½ PT MILK ½ PT OJ	1 HOMEMADE OATMEAL SQUARE WITH A YOGURT SMOOTHIE ½ CUP FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 BREAKFAST TACO WRAP ½ CUP HOME FRIES 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ 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	2 BBQ CHICKEN SLIDER WITH APPLE SLAW ½ CUP SWEET POTATO FRIES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BEEF GYRO WITH TZATZIKI SAUCE ON A PITA 1 CUP OF CUCUMBER, FETA AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO & BASIL SOUP 1 PRETZEL BUN GRILLED CHEESE SANDWICH 1 CUP OF MIXED ARUGULA SALAD FRESH FRUIT ½ PT MILK 1 CUP OF SALAD	6 OZ. BUFFALO CHICKEN MELT ½ CUP MACARONI SALAD 1 CUP CARROT AND CELERY 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	FISH AND CHIPS ½ CUP GARLIC BROCCOLI ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	DELI BAR TUNA OR CHICKEN SALAD, ROAST BEEF/HAM/ASSORTED CHEESES, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
1 CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	8 OZ GNOCCHI WITH POMODORO SAUCE ½ CUP CAULIFLOWER AND BROCCOLI 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. PULLED CHICKEN SLIDERS 1 CUP OF SEASONED POTATO WEDGES ½ CUP GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN BEEF MEATBALLS RICE BOWL ½ CUP RICE 1 CUP CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BAKED ZITI 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 ¼ CUP 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**

<ol style="list-style-type: none"> <li>1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)</li> <li>2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS</li> <li>3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH</li> <li>4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE</li> </ol>	<ol style="list-style-type: none"> <li>5. LOW FAT LOW SUGAR SNACKS 2 PER DAY</li> <li>6. LOW SUGAR WHOLE GRAIN CEREAL</li> <li>7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER</li> <li>8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL</li> </ol>
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# **SCHOOL MENU – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MAY 28<sup>TH</sup></b>	<b>MONDAY MAY 29<sup>TH</sup></b>	<b>TUESDAY MAY 30<sup>TH</sup></b>	<b>WEDNESDAY MAY 31<sup>ST</sup></b>	<b>THURSDAY JUNE 1<sup>ST</sup></b>	<b>FRIDAY JUNE 2<sup>ND</sup></b>	<b>SATURDAY JUNE 3<sup>RD</sup></b>
5 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 BREAKFAST SAUSAGE 4 OZ. YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH MIXED BERRIES 4 OZ GREEK YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 HOMEMADE LOW FAT BANANA MUFFIN 2 SAUSAGE LINKS 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, CHEESE AND CANADIAN BACON BREAKFAST SANDWICH FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 OVERNIGHT OATS BOWL WITH TROPICAL FRUIT FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH HONEY AND CINNAMON CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ
BYO BURGER BAR 6 OZ. BURGER ON A WHOLE WHEAT BUN ½ CUP BAKED POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	2 BEEF NACHOS ½ CUP CORN AND BLACK BEAN SALAD ½ CUP SALSA ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ PASTA E FAGIOLI SOUP 1 GRANDMA'S PIZZA 1 CUP OF GLAZED BRUSSEL SPROUTS FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	4 BREADED CHICKEN TENDERS ½ CUP SWEET POTATO FRIES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ TOMATO & BASIL SOUP 1 PRETZEL BUN GRILLED CHEESE SANDWICH 1 CUP OF MIXED ARUGULA SALAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	6 OZ. BAKED BATTERED FISH ½ CUP POTATO WEDGES ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK DAY	DELI BAR TURKEY/HAM/ASSORTED CHEESES, TUNA OR CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP MACARONI SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ GRILLED CHICKEN OVER PASTA ½ CUP BROCCOLI AND ROASTED TOMATO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 OZ 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 ½ CUP BROCCOLI AND CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 BOWL OF SHRIMP AND PINEAPPLE FRIED RICE 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	CHICKEN PARMESAN WITH PENNE PASTA 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) 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	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 – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JUNE 4<sup>TH</sup></b>	<b>MONDAY JUNE 5<sup>TH</sup></b>	<b>TUESDAY JUNE 6<sup>TH</sup></b>	<b>WEDNESDAY JUNE 7<sup>TH</sup></b>	<b>THURSDAY JUNE 8<sup>TH</sup></b>	<b>FRIDAY JUNE 9<sup>TH</sup></b>	<b>SATURDAY JUNE 10<sup>TH</sup></b>
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT BANANA ½ PT. MILK ½ PT. OJ	1 EGG, FETA, TOMATO, OMELET 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH STRAWBERRY CREAM CHEESE 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG WHITE WHOLE WHEAT CROISSANT WITH HAM AND CHEESE ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	2 WHOLE GRAIN FRENCH TOAST 2 TURKEY LINKS BUTTER PURE MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	3 OZ SCRAMBLED EGGS WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ
6 OZ MACARONI & CHEESE BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	2 BBQ CHICKEN SLIDERS WITH AN APPLE SLAW ½ CUP POTATO WEDGES ½ CUP OF CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ HAWAIIAN BBQ MEATBALLS BOWL ½ CUP RICE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 WHOLE GRAIN CHEESE QUESADILLA W/ PEPPERS AND ONION ½ CUP SALSA ½ CUP CORN AND BLACK BEAN SALAD SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. REUBEN SANDWICH ½ CUP POTATO SALAD ½ CUP CARROTS FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	1 PIZZA CHEESE STICKS OR BAKED MAHI MAHI WITH PINEAPPLE SALSA 1 CUP COCONUT AND LIME RICE ½ CUP OF BROCCOLI FRESH FRUIT ½ PT. CHOCOLATE MILK 1 CUP OF SALAD	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ PULLED CHICKEN ENCHILADAS ½ CUP MEXICAN RICE ½ CUP OF BLACK BEANS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. BAKED PORK CHOP ½ CUP GARLIC MASHED POTATO ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. THREE BEAN CHICKEN CHILI BOWL ½ CUP TORTILLA CHIPS ½ CUP CORN SUCCOTASH 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 TURKEY POT PIE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 VEGGIE AND KALE DUMPLINGS ½ CUP BROWN 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 BEEF TACOS ½ CUP BROWN RICE ½ CUP PEPPERS AND ORNIONS 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) 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	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 – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JUNE 11<sup>TH</sup></b>	<b>MONDAY JUNE 12<sup>TH</sup></b>	<b>TUESDAY JUNE 13<sup>TH</sup></b>	<b>WEDNESDAY JUNE 14<sup>TH</sup></b>	<b>THURSDAY JUNE 15<sup>TH</sup></b>	<b>FRIDAY JUNE 16<sup>TH</sup></b>	<b>SATURDAY JUNE 17<sup>TH</sup></b>
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH A EVERYTHING CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	2 MEXICAN BREAKFAST EGG WRAP 2 OZ AVOCADO BANANA ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 BELGIAN WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 HOT OATMEAL WITH MIXED BERRIES OR BANANA 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG ,BACON AND CHEESE SANDWICH 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	6 OZ SCRAMBLED EGGS WITH BRISKET HASH WITH CHEESE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ SWEDISH MEATBALLS WITH LINGONBERRY JAM ½ CUP EGG NOODLE ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	2 CHICKEN ENCHILADAS ½ CUP PEPPER, ONION AND CORN ½ CUP OF MEXICAN BROWN RICE 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ RIGATONI WITH ROASTED RED PEPPER PESTO AND SPINACH 1 WHOLE GRAIN GARLIC BREAD 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN SALAD ON A WHOLE GRAIN WRAP 1CUP OF CARROT AND CELERY WITH HUMMUS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 GRANDMA'S PIZZA OR 6 OZ MISO GLAZED SALMON ½ CUP BROCCOLI ½ CUP RICE 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST ½ CUP HERB ROASTED POTATO 8 OZ. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK TACO ½ CUP TORTILLA CHIPS ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. CHICKEN AND SHRIMP JAMBALAYA ½ CUP SUCCOTASH MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF MEATLOAF ½ CUP YUKON GOLD MASH ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BUFFALO CHICKEN MAC AND CHEESE ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SHRIMP AND PINEAPPLE FRIED RICE ½ CUP PEPPERS AND ONIONS 1 CUP 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) 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	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 – SPRING 2023**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JUNE 18<sup>TH</sup></b>	<b>MONDAY JUNE 19<sup>TH</sup></b>	<b>TUESDAY JUNE 20<sup>TH</sup></b>	<b>WEDNESDAY JUNE 21<sup>ST</sup></b>	<b>THURSDAY JUNE 22<sup>ND</sup></b>	<b>FRIDAY JUNE 23<sup>RD</sup></b>	<b>SATURDAY JUNE 24<sup>TH</sup></b>
1 CUP HOT OATMEAL OR BAGELS WITH STRAWBERRY CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES BANANA 4 OZ YOGURT ½ PT. MILK ½ PT OJ	5 SLICES WHOLE GRAIN FRENCH TOAST STICKS FRESH FRUIT PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ DENVER EGG SCRAMBLED W/ CHEESE FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 WHOLE WHEAT BAGEL 2 TURKEY LINKS VEGGIE OR REGULAR CREAM CHEESE 4 OZ YOGURT ½ CUP FRUIT SALAD ½ PT MILK ½ PT OJ	1 HOMEMADE OATMEAL SQUARE WITH A YOGURT SMOOTHIE ½ CUP FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 BREAKFAST TACO WRAP ½ CUP HOME FRIES 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ 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 CHICKEN TENDERS ½ CUP SWEET POTATO FRIES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BEEF GYRO WITH TZATZIKI SAUCE ON A PITA 1 CUP OF CUCUMBER, FETA AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PRETZEL BUN GRILLED CHEESE SANDWICH 1 CUP OF MIXED ARUGULA SALAD FRESH FRUIT ½ PT MILK 1 CUP OF SALAD	SUMMER BBQ HAMBURGERS BBQ CHICKEN SAUSAGE AND PEPPERS POTATO SALAD MACARONI SALAD WATERMELON 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 WHOLE WHEAT CHICKEN & VEGETABLE DUMPLINGS ½ CUP GARLIC BROCCOLI ½ CUP FRIED RICE 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	DELI BAR TUNA OR CHICKEN SALAD, ROAST BEEF/HAM/ASSORTED CHEESES, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
1 CHEESE PIZZA 1 CUP OF CAESAR 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	8 OZ GNOCCHI WITH POMODORO SAUCE ½ CUP CAULIFLOWER AND BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN BEEF MEATBALLS BOWL ½ CUP RICE 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 BAKED ZITI 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 ¼ CUP 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) 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	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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