

# **SCHOOL MENU – SPRING 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MARCH 10</b>	<b>MONDAY MARCH 11</b>	<b>TUESDAY MARCH 12</b>	<b>WEDNESDAY MARCH 13</b>	<b>THURSDAY MARCH 14</b>	<b>FRIDAY MARCH 15</b>	<b>SATURDAY MARCH 16</b>
4 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 BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE MORNING GLORY BREAKFAST MUFFIN 2 SAUSAGE LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 EGG, CHEESE AND CANADIAN BACON BREAKFAST BISCUIT SANDWICH FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 APPLE AND CINNAMON PANCAKE 1 BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH 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 PULLED PORK NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	1 TUNA SALAD OR EGG SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ CORNED BEEF BRISKET ½ CUP POTATOES ½ CUP CABBAGE, AND CARROTS IRISH SODA BREAD	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	6 OZ CHICKEN ADOBO ½ CUP STICKY RICE BOWL ½ CUP MANGO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MEATBALL SUB ½ CUP ZUCCHINI STICKS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ. CHICKEN CUTLET KATSU RICE BOWL ½ CUP RICE ½ CUP SAUTÉED ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF LASAGNA ROLL ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH AND CHIPS 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 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MARCH 17</b>	<b>MONDAY MARCH 18</b>	<b>TUESDAY MARCH 19</b>	<b>WEDNESDAY MARCH 20</b>	<b>THURSDAY MARCH 21</b>	<b>FRIDAY MARCH 22</b>	<b>SATURDAY MARCH 23</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 SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 STUFFED FRENCH TOAST 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 OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GINGER PEACH MEATBALLS BOWL ½ CUP COCONUT AND PINEAPPLE RICE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BRUSCHETTA CHICKEN SANDWICH ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BBQ BEEF SLIDERS ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	5 OZ CHEESE TORTELLINI IN A CREAMY ALFREDO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	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 PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. SLOW ROAST PORK LOIN WITH PEACH BBQ SAUCE ½ CUP CORN BREAD ½ CUP GRILLED ASPARAGUS WITH BALSAMIC GLAZE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN PARMESAN WITH PENNE PASTA ½ CUP ROASTED CARROTS 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	1 FRENCH BREAD PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	2 GRILLED CHICKEN TACOS ¼ CUP GUACAMOLE ¼ CUP SALSA ½ CUP GRILLED CORN FRESH FRUIT 1 CUP OF SALAD ½ PT MILK	6 OZ SPAGHETTI AND MEATBALLS ½ CUP PASTA ½ CUP BROCCOLI 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 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MARCH 24</b>	<b>MONDAY MARCH 25</b>	<b>TUESDAY MARCH 26</b>	<b>WEDNESDAY MARCH 27</b>	<b>THURSDAY MARCH 28</b>	<b>FRIDAY MARCH 29</b>	<b>SATURDAY MARCH 30</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 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 QUESADILLA 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 COCONUT AND PEACHES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG ,BACON AND CHEESE ON KAISER ROLL 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 RIGATONI WITH ROASTED RED PEPPER PESTO BOLOGNESE & BROCCOLI 1 WHOLE GRAIN GARLIC BREAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BYO COBB SALAD 1 CHEESE BREADSTICK ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 TURKEY BURGER ½ CUP SWEET POTATO FRIES ½ CUP GREEK SALAD FRESH FRUIT ½ PT MILK	1 SPRING CHICKEN SALAD ON A WHOLE GRAIN WRAP 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 GRANDMA'S PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ BBQ PEACH CHICKEN ½ CUP POTATO WEDGES ½ CUP GRILLED ASPARAGUS 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 ROASTED CHICKEN WITH BALSAMIC PEACHES ½ CUP HERB ROASTED FINGER LINK POTATO 8 OZ. CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF ENCHILADAS RICE BOWL ½ CUP RICE ½ CUP STREET CORN SALAD ½ CUP PICO DE GALLO 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 BRAISED BRISKET ½ CUP POTATO PANCAKE ½ CUP HONEY CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BUFFALO CHICKEN WINGS ½ CUP MAC AND CHEESE ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF AND BROCCOLI ½ CUP FRIED RICE ½ CUP OF PEPPER AND ONION 1 CUP 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 2024

**ALL BREADS MUST BE WHOLE GRAIN**

SUNDAY MARCH 31	MONDAY APRIL 1	TUESDAY APRIL 2	WEDNESDAY APRIL 3	THURSDAY APRIL 4	FRIDAY APRIL 5	SATURDAY APRIL 6
1 BAGELS WITH CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES BANANA 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 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 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
<b>EASTER SUNDAY BRUNCH</b> EGGS, AND CONTINENTAL BREAKFAST FRESH FRUIT ½ PT MILK	2 NASHVILLE CHICKEN SLIDERS ½ CUP FRIES ½ CUP SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO HAMBURGERS ½ CUP SWEET POTATO FRIES 1 CUP OF MIXED GREEN SALAD WITH WHITE BALSAMIC DRESSING FRESH FRUIT ½ PT MILK	6 OZ TOMATO & BASIL SOUP 1 PRETZEL BUN GRILLED HAM AND CHEESE SANDWICH ½ CUP OF GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ PIZZA ½ CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 WHOLE WHEAT CHICKEN & VEGETABLE DUMPLINGS ½ CUP PAN FRIED RICE ½ CUP GARLIC BROCCOLI 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 PEPPERONI CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	8 OZ. TORTELLINI PASTA WITH POMODORO SAUCE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN RAMEN BOWL ½ CUP BOK CHOY ASSORTED TOPPINGS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SPAGHETTI WITH MEAT SAUCE 1 CUP PASTA 1 CUP TRI COLOR PEPPERS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP BROCCOLI 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 CHICKEN & CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP 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 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY APRIL 7</b>	<b>MONDAY APRIL 8</b>	<b>TUESDAY APRIL 9</b>	<b>WEDNESDAY APRIL 10</b>	<b>THURSDAY APRIL 11</b>	<b>FRIDAY APRIL 12</b>	<b>SATURDAY APRIL 13</b>
4 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 BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE MORNING GLORY BREAKFAST MUFFIN 2 SAUSAGE LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 EGG, CHEESE AND CANADIAN BACON BREAKFAST BISCUIT SANDWICH FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 APPLE AND CINNAMON PANCAKE 1 BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH 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 PULLED PORK NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	1 TUNA SALAD OR EGG SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ CORNED BEEF SANDWICH ON RYE ½ CUP POTATO SALAD ½ CUP ROASTED CARROTS	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	6 OZ CHICKEN ADOBO ½ CUP STICKY RICE BOWL ½ CUP MANGO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MEATBALL SUB ½ CUP ZUCCHINI STICKS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ. CHICKEN CUTLET KATSU RICE BOWL ½ CUP RICE ½ CUP SAUTÉED ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF LASAGNA ROLL ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH AND CHIPS 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 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY APRIL 14</b>	<b>MONDAY APRIL 15</b>	<b>TUESDAY APRIL 16</b>	<b>WEDNESDAY APRIL 17</b>	<b>THURSDAY APRIL 18</b>	<b>FRIDAY APRIL 19</b>	<b>SATURDAY APRIL 20</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 SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 STUFFED FRENCH TOAST 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 OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GINGER PEACH MEATBALLS BOWL ½ CUP COCONUT AND PINEAPPLE RICE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BRUSCHETTA CHICKEN SANDWICH ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BBQ BEEF SLIDERS ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	5 OZ CHEESE TORTELLINI IN A CREAMY ALFREDO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	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 PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. SLOW ROAST PORK LOIN WITH PEACH BBQ SAUCE ½ CUP CORN BREAD ½ CUP GRILLED ASPARAGUS WITH BALSAMIC GLAZE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN PARMESAN WITH PENNE PASTA ½ CUP ROASTED CARROTS 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	1 FRENCH BREAD PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	2 GRILLED CHICKEN TACOS ¼ CUP GUACAMOLE ¼ CUP SALSA ½ CUP GRILLED CORN FRESH FRUIT 1 CUP OF SALAD ½ PT MILK	6 OZ SPAGHETTI AND MEATBALLS ½ CUP PASTA ½ CUP BROCCOLI 1 CUP OF GREEN 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 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY APRIL 21</b>	<b>MONDAY APRIL 22</b>	<b>TUESDAY APRIL 23</b>	<b>WEDNESDAY APRIL 24</b>	<b>THURSDAY APRIL 25</b>	<b>FRIDAY APRIL 26</b>	<b>SATURDAY APRIL 27</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 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 QUESADILLA 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 COCONUT AND PEACHES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG ,BACON AND CHEESE ON KAISER ROLL 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 RIGATONI WITH ROASTED RED PEPPER PESTO BOLOGNESE & BROCCOLI 1 WHOLE GRAIN GARLIC BREAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BYO COBB SALAD 1 CHEESE BREADSTICK ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 TURKEY BURGER ½ CUP SWEET POTATO FRIES ½ CUP GREEK SALAD FRESH FRUIT ½ PT MILK	1 SPRING CHICKEN SALAD ON A WHOLE GRAIN WRAP 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 GRANDMA’S PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ BBQ PEACH CHICKEN ½ CUP POTATO WEDGES ½ CUP GRILLED ASPARAGUS 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 ROASTED CHICKEN WITH BALSAMIC PEACHES ½ CUP HERB ROASTED FINGER LINK POTATO 8 OZ. CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF ENCHILADAS RICE BOWL ½ CUP RICE ½ CUP STREET CORN SALAD ½ CUP PICO DE GALLO 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 BRAISED BRISKET ½ CUP POTATO PANCAKE ½ CUP HONEY CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BUFFALO CHICKEN WINGS ½ CUP MAC AND CHEESE ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF AND BROCCOLI ½ CUP FRIED RICE ½ CUP OF PEPPER AND ONION 1 CUP 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 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY APRIL 28</b>	<b>MONDAY APRIL 29</b>	<b>TUESDAY APRIL 30</b>	<b>WEDNESDAY MAY 1</b>	<b>THURSDAY MAY 2</b>	<b>FRIDAY MAY 3</b>	<b>SATURDAY MAY 4</b>
1 BAGELS WITH CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES BANANA 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 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 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
2 SPINACH LASAGNA ROLL ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 NASHVILLE CHICKEN SLIDERS ½ CUP FRIES ½ CUP SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO HAMBURGERS ½ CUP SWEET POTATO FRIES 1 CUP OF MIXED GREEN SALAD WITH WHITE BALSAMIC DRESSING FRESH FRUIT ½ PT MILK	6 OZ TOMATO & BASIL SOUP 1 PRETZEL BUN GRILLED HAM AND CHEESE SANDWICH ½ CUP OF GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ PIZZA ½ CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN & CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 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 PEPPERONI CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	8 OZ. TORTELLINI PASTA WITH POMODORO SAUCE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN RAMEN BOWL ½ CUP BOK CHOY ASSORTED TOPPINGS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SPAGHETTI WITH MEAT SAUCE 1 CUP PASTA 1 CUP TRI COLOR PEPPERS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP BROCCOLI 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 WHOLE WHEAT CHICKEN & VEGETABLE DUMPLINGS ½ CUP PAN FRIED RICE ½ CUP GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP 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 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MAY 5</b>	<b>MONDAY MAY 6</b>	<b>TUESDAY MAY 7</b>	<b>WEDNESDAY MAY 8</b>	<b>THURSDAY MAY 9</b>	<b>FRIDAY MAY 10</b>	<b>SATURDAY MAY 11</b>
4 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 BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE MORNING GLORY BREAKFAST MUFFIN 2 SAUSAGE LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 EGG, CHEESE AND CANADIAN BACON BREAKFAST BISCUIT SANDWICH FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 APPLE AND CINNAMON PANCAKE 1 BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH 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 PULLED PORK NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	1 TUNA SALAD OR EGG SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ ROAST BEEF MELT ON RYE ½ CUP POTATOES WEDGES ½ CUP CARROTS SALAD	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	6 OZ CHICKEN ADOBO ½ CUP STICKY RICE BOWL ½ CUP MANGO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MEATBALL SUB ½ CUP ZUCCHINI STICKS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ. CHICKEN CUTLET KATSU RICE BOWL ½ CUP RICE ½ CUP SAUTÉED ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF LASAGNA ROLL ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH AND CHIPS 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 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MAY 12</b>	<b>MONDAY MAY 13</b>	<b>TUESDAY MAY 14</b>	<b>WEDNESDAY MAY 15</b>	<b>THURSDAY MAY 16</b>	<b>FRIDAY MAY 17</b>	<b>SATURDAY MAY 18</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 SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 STUFFED FRENCH TOAST 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 OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GINGER PEACH MEATBALLS BOWL ½ CUP COCONUT AND PINEAPPLE RICE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BRUSCHETTA CHICKEN SANDWICH ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BBQ BEEF SLIDERS ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	5 OZ CHEESE TORTELLINI IN A CREAMY ALFREDO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	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 PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. SLOW ROAST PORK LOIN WITH PEACH BBQ SAUCE ½ CUP CORN BREAD ½ CUP GRILLED ASPARAGUS WITH BALSAMIC GLAZE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN PARMESAN WITH PENNE PASTA ½ CUP ROASTED CARROTS 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	1 FRENCH BREAD PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	2 GRILLED CHICKEN TACOS ¼ CUP GUACAMOLE ¼ CUP SALSA ½ CUP GRILLED CORN FRESH FRUIT 1 CUP OF SALAD ½ PT MILK	6 OZ SPAGHETTI AND MEATBALLS ½ CUP PASTA ½ CUP BROCCOLI 1 CUP OF GREEN 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 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MAY 19</b>	<b>MONDAY MAY 20</b>	<b>TUESDAY MAY 21</b>	<b>WEDNESDAY MAY 22</b>	<b>THURSDAY MAY 23</b>	<b>FRIDAY MAY 24</b>	<b>SATURDAY MAY 25</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 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 QUESADILLA 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 COCONUT AND PEACHES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG ,BACON AND CHEESE ON KAISER ROLL 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 RIGATONI WITH ROASTED RED PEPPER PESTO BOLOGNESE & BROCCOLI 1 WHOLE GRAIN GARLIC BREAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BYO COBB SALAD 1 CHEESE BREADSTICK ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 TURKEY BURGER ½ CUP SWEET POTATO FRIES ½ CUP GREEK SALAD FRESH FRUIT ½ PT MILK	1 SPRING CHICKEN SALAD ON A WHOLE GRAIN WRAP 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 GRANDMA’S PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ BBQ PEACH CHICKEN ½ CUP POTATO WEDGES ½ CUP GRILLED ASPARAGUS 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 ROASTED CHICKEN WITH BALSAMIC PEACHES ½ CUP HERB ROASTED FINGER LINK POTATO 8 OZ. CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF ENCHILADAS RICE BOWL ½ CUP RICE ½ CUP STREET CORN SALAD ½ CUP PICO DE GALLO 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 BRAISED BRISKET ½ CUP POTATO PANCAKE ½ CUP HONEY CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BUFFALO CHICKEN WINGS ½ CUP MAC AND CHEESE ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF AND BROCCOLI ½ CUP FRIED RICE ½ CUP OF PEPPER AND ONION 1 CUP 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 2024

**ALL BREADS MUST BE WHOLE GRAIN**

SUNDAY MAY 26	MONDAY MAY 27	TUESDAY MAY 28	WEDNESDAY MAY 29	THURSDAY MAY 30	FRIDAY MAY 31	SATURDAY JUNE 1
1 BAGELS WITH CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES BANANA 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 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 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
2 SPINACH LASAGNA ROLL ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 NASHVILLE CHICKEN SLIDERS ½ CUP FRIES ½ CUP SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO HAMBURGERS ½ CUP SWEET POTATO FRIES 1 CUP OF MIXED GREEN SALAD WITH WHITE BALSAMIC DRESSING FRESH FRUIT ½ PT MILK	6 OZ TOMATO & BASIL SOUP 1 PRETZEL BUN GRILLED HAM AND CHEESE SANDWICH ½ CUP OF GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ PIZZA ½ CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN & CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 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 PEPPERONI CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	8 OZ. TORTELLINI PASTA WITH POMODORO SAUCE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN RAMEN BOWL ½ CUP BOK CHOY ASSORTED TOPPINGS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SPAGHETTI WITH MEAT SAUCE 1 CUP PASTA 1 CUP TRI COLOR PEPPERS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP BROCCOLI 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 WHOLE WHEAT CHICKEN & VEGETABLE DUMPLINGS ½ CUP PAN FRIED RICE ½ CUP GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP 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 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JUNE 2</b>	<b>MONDAY JUNE 3</b>	<b>TUESDAY JUNE 4</b>	<b>WEDNESDAY JUNE 5</b>	<b>THURSDAY JUNE 6</b>	<b>FRIDAY JUNE 7</b>	<b>SATURDAY JUNE 8</b>
4 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 BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE MORNING GLORY BREAKFAST MUFFIN 2 SAUSAGE LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 EGG, CHEESE AND CANADIAN BACON BREAKFAST BISCUIT SANDWICH FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 APPLE AND CINNAMON PANCAKE 1 BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH 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 PULLED PORK NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	1 TUNA SALAD OR EGG SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ ROAST BEEF SANDWICH ON RYE BREAD ½ CUP POTATO WEDGES ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	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	6 OZ CHICKEN ADOBO ½ CUP STICKY RICE BOWL ½ CUP MANGO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MEATBALL SUB ½ CUP ZUCCHINI STICKS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ. CHICKEN CUTLET KATSU RICE BOWL ½ CUP RICE ½ CUP SAUTÉED ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF LASAGNA ROLL ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH AND CHIPS 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 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JUNE 9</b>	<b>MONDAY JUNE 10</b>	<b>TUESDAY JUNE 11</b>	<b>WEDNESDAY JUNE 12</b>	<b>THURSDAY JUNE 13</b>	<b>FRIDAY JUNE 14</b>	<b>SATURDAY JUNE 15</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 SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 STUFFED FRENCH TOAST 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 OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BREADED CHICKEN TENDERS ½ CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GINGER PEACH MEATBALLS BOWL ½ CUP COCONUT AND PINEAPPLE RICE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BRUSCHETTA CHICKEN SANDWICH ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. SUMMER BBQ BEEF SLIDERS ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	5 OZ CHEESE TORTELLINI IN A CREAMY ALFREDO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	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 PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. SLOW ROAST PORK LOIN WITH PEACH BBQ SAUCE ½ CUP CORN BREAD ½ CUP GRILLED ASPARAGUS WITH BALSAMIC GLAZE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN PARMESAN WITH PENNE PASTA ½ CUP ROASTED CARROTS 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	1 FRENCH BREAD PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	2 GRILLED CHICKEN TACOS ¼ CUP GUACAMOLE ¼ CUP SALSA ½ CUP GRILLED CORN FRESH FRUIT 1 CUP OF SALAD ½ PT MILK	6 OZ SPAGHETTI AND MEATBALLS ½ CUP PASTA ½ CUP BROCCOLI 1 CUP OF GREEN 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 2024**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JUNE 16</b>	<b>MONDAY JUNE 17</b>	<b>TUESDAY JUNE 18</b>	<b>WEDNESDAY JUNE 19</b>	<b>THURSDAY JUNE 20</b>	<b>FRIDAY JUNE 21</b>	<b>SATURDAY JUNE 22</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 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 QUESADILLA 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 COCONUT AND PEACHES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG ,BACON AND CHEESE ON KAISER ROLL 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 RIGATONI WITH ROASTED RED PEPPER PESTO BOLOGNESE & BROCCOLI 1 WHOLE GRAIN GARLIC BREAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BYO COBB SALAD 1 CHEESE BREADSTICK ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 TURKEY BURGER ½ CUP SWEET POTATO FRIES ½ CUP GREEK SALAD FRESH FRUIT ½ PT MILK	1 SPRING CHICKEN SALAD ON A WHOLE GRAIN WRAP 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 GRANDMA’S PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ BBQ PEACH CHICKEN ½ CUP POTATO WEDGES ½ CUP GRILLED ASPARAGUS 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 ROASTED CHICKEN WITH BALSAMIC PEACHES ½ CUP HERB ROASTED FINGER LINK POTATO 8 OZ. CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF ENCHILADAS RICE BOWL ½ CUP RICE ½ CUP STREET CORN SALAD ½ CUP PICO DE GALLO 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 BRAISED BRISKET ½ CUP POTATO PANCAKE ½ CUP HONEY CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BUFFALO CHICKEN WINGS ½ CUP MAC AND CHEESE ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF AND BROCCOLI ½ CUP FRIED RICE ½ CUP OF PEPPER AND ONION 1 CUP 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