

SCHOOL MENU – FALL MENU 2025

ALL BREADS MUST BE WHOLE GRAIN

| SUNDAY Nov 9 | MONDAY Nov 10 | TUESDAY Nov 11 | WEDNESDAY Nov 12 | THURSDAY Nov 13 | FRIDAY Nov 14 | SATURDAY Nov 15 |
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| 4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 HOMEMADE BLUEBERRY OAT BREAKFAST WHOLE GRAIN MUFFIN 2 VEGGIE BREAKFAST PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 4 OZ SPINACH ,TOMATO, FETA AND POTATO FRITTATA FRESH FRUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 3 BLUEBERRY AND BANANA WHOLE GRAIN PANCAKE 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ |
| 6 OZ CHICKEN CAESAR WRAP (WHOLE GRAIN) 1 CUP KALE SUMMER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ GROUND BEEF NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ITALIAN WEDDING SOUP 6 OZ CHICKEN TENDERS ½ CUP CARROTS AND PEAS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ VEGETABLE AND CHEESE QUESADILLA (WHOLE GRAIN) ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ MINSTRONE SOUP 6 OZ FALL TURKEY SALAD ON A WRAP (WHOLE GRAIN) ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ AUTUMN SQUASH SOUP 6 OZ SALMON OR 1 PIZZA (WHOLE GRAIN) 1CUP SWEET POTATO WEDGES 1 CUP SIDE SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK | DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT,1 OZ CHEESE 2 WHOLE GRAIN BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK |
| 6 OZ TERIYAKI SALMON 1 CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ROASTED MEDITERRANEAN CHICKEN ½ CUP RICE PILAF (WHOLE GRAIN) 1 CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6OZ. TURKEY POT PIE ½ CUP SAUTÉED GARLIC AND HERB GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ OF GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 2 PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ PULLED PORK BURRITO ½ CUP RICE (WHOLE GRAIN) ½ CUP BLACK BEANS ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS 1 WHOLE GRAIN ROLL ½ CUP OF POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK |

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

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

SCHOOL MENU – FALL MENU 2025

ALL BREADS MUST BE WHOLE GRAIN

| SUNDAY Nov 16 | MONDAY Nov 17 | TUESDAY Nov 18 | WEDNESDAY Nov 19 | THURSDAY Nov 20 | FRIDAY Nov 21 | SATURDAY Nov 22 |
|--|--|--|---|--|---|---|
| 2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1CUP TRIPLE BERRY OATMEAL BREAKFAST BOWL 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 3 OZ SCRAMBLED CHEESY EGGS 1 HASH BROWN 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 STUFFED WHOLE GRAIN FRENCH TOAST 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 EGG, HAM AND SWISS ON A WHOLE GRAIN ENGLISH MUFFIN ½ CUP FRUIT SALAD 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 6OZ HOT OATMEAL COCONUT AND BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 3 OZ SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ |
| 6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ FRENCH ONION SOUP 6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO 1 WHOLE GRAIN ROLL ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ASIAN STYLE BEEF MEATBALL RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ CHICKEN TORTILLA SOUP 6 OZ FALL CHICKEN SALAD WITH A CHOICE OF A WHOLE WHEAT WRAP OR MULTI GRAIN BREAD ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ. TURKEY WITH GRAVY ½ CUP STUFFING WITH CRANBERRY SAUCE 1 CUP SWEET POTATO MASH ½ CUP OF BABY CARROTS AND GREEN BEANS ½ PT. APPLE CIDER ½ PT. 1% LOW-FAT MILK | 6 OZ CAULIFLOWER SOUP 6 OZ SALMON OR PIZZA 1 CUP SWEET POTATO WEDGES 1 CUP SIDE SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK | 6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK |
| 6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ TERIYAKI BEEF ½CUP RICE (WHOLE GRAINS) ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ HERB ROASTED CHICKEN ½ CUP OF ROASTED POTATO WEDGES 1 WHOLE GRAIN ROLL ½ CUP ROASTED GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT 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. 1% LOW-FAT MILK | 1 PIZZA (WHOLE GRAIN) 1 CUP CAESAR SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6OZ GROUND BEEF RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ CUP BROCCOLI 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ROASTED PORK LOIN ½ CUP CARROT AND PEAS ½ RICE (WHOLE GRAIN) FRESH FRUIT 1 CUP OF SALAD ½ PT. 1% LOW-FAT MILK |

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

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

SCHOOL MENU – FALL MENU 2025

ALL BREADS MUST BE WHOLE GRAIN

| SUNDAY Nov 23 | MONDAY Nov 24 | TUESDAY Nov 25 | WEDNESDAY Nov 26 | THURSDAY Nov 27 | FRIDAY Nov 28 | SATURDAY Nov 29 |
|---|--|---|--|--|--|---|
| 1 WHOLE GRAIN BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 4 WHOLE GRAIN FRENCH TOAST STICKS MIXED BERRY COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 8 OZ YOGURT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 EGG ,CHEESE ON A WHOLE GRAIN ROLL 1 BREAKFAST PATTY FRESH BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 HOMEMADE APPLE AND OAT WHOLE GRAIN MUFFIN 2 VEGGIE SAUSAGE ½ CUP FRESH BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 EGGS OVER WHOLE GRAIN TOAST 2 OZ AVOCADO SPREAD 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ |
| 2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ. ROASTED CORN CHOWDER SOUP 6 OZ ROASTED TURKEY 1 CUP SWEET POTATO MASH ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ TOMATO AND BASIL SOUP GRILLED CHEESE SANDWICH (WHOLE GRAIN) ½ CUP OF BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ BBQ CHICKEN ½ CUP ROASTED VEGETABLE MEDLEY ½ CUP RICE PILAF (WHOLE GRAIN) 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ CHICKEN SOUP 6 OZ BRAISED BEEF BRISKET ½ CUP GLAZED HONEY CARROTS ½ CUP CRISPY POTATOES 1 WHOLE GRAIN ROLL 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ FISH AND CHIPS TARTAR SAUCE ½ CUP POTATO WEDGES ½ CUP GARLIC AND LEMON BROCCOLI 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK | 6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK |
| 6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP VEGETABLE MEDLEY 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ LEMON AND GARLIC BAKED WILD SALMON 1 CUP OF ROASTED POTATO WEDGES ½ CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ CUP BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 1 CHEESE & VEGGIE CRUMBLE QUESADILLA (WHOLE GRAIN) 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 2 CHICKEN TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ASIAN GLAZED BEEF MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ. GARLIC ROASTED CHICKEN ½ CUP ROASTED CARROTS 1 RICE PILAF (WHOLE GRAIN) 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK |

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

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| <ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE | <ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL |
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SCHOOL MENU – FALL MENU 2025

ALL BREADS MUST BE WHOLE GRAIN

| SUNDAY Nov 30 | MONDAY Dec 1 | TUESDAY Dec 2 | WEDNESDAY Dec 3 | THURSDAY Dec 4 | FRIDAY Dec 5 | SATURDAY Dec 6 |
|--|--|---|--|---|--|--|
| 1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 3 OZ MEXICAN SCRAMBLED EGGS 2 OZ AVOCADO AND SALSA 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 2 WHOLE GRAIN WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 HOT OATMEAL WITH MIXED BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 4 OZ QUICHE LORRAINE FRESH FRUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE GRAIN BISCUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ |
| 6 OZ FISH FILET SANDWICH ON A WHOLE GRAIN BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ BYO BEEF CHILI RICE BOWL ½ CUP OF RICE (WHOLE GRAIN) ½ CUP OF CARROTS AND GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ LENTIL SOUP 6 OZ TURKEY SALAD ON A WHOLE GRAIN WRAP 1 CUP CHOPPED SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ. BEEF MEATBALLS AND SPAGHETTI ½ CUP OF PASTA 1CUP SIDE SALAD 1 WHOLE GRAIN ROLL FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ BUTTERNUT SQUASH SOUP 6 OZ CHICKEN CAESAR SALAD BOWL 1 1 WHOLE GRAIN ROLL STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 1 PIZZA (WHOLE GRAIN) ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK | 6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK |
| 5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ROASTED CHICKEN 1 BAKED POTATO 8 OZ. KALE AND CAESAR SALAD 1 WHOLE GRAIN ROLL FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 1 MEXICAN CHEESE QUESADILLA ½ CUP STREET CORN ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ BEEF MEATLOAF ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ. ASIAN GLAZED GINGER CHICKEN RICE BOWL ½ CUP RICE (WHOLE GRAIN ½ CUP STIR FRY VEGGIES 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ. SAUSAGE AND PEPPERS ON A WHOLE GRAIN WEDGE 1 CUP OF SIDE SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK |

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

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

SCHOOL MENU – FALL MENU 2025

ALL BREADS MUST BE WHOLE GRAIN

| SUNDAY Dec 7 | MONDAY Dec 8 | TUESDAY Dec 9 | WEDNESDAY Dec 10 | THURSDAY Dec 11 | FRIDAY Dec 12 | SATURDAY Dec 13 |
|--|---|---|---|---|---|--|
| 4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 HOMEMADE BLUEBERRY OAT BREAKFAST WHOLE GRAIN MUFFIN 2 VEGGIE BREAKFAST PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 4 OZ SPINACH ,TOMATO, FETA AND POTATO FRITTATA 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 3 BLUEBERRY AND BANANA WHOLE GRAIN PANCAKE 1 TURKEY BREAKFAST SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 3 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ |
| 6 OZ CHICKEN CAESAR WRAP 1 CUP KALE SUMMER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ GROUND BEEF NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ITALIAN WEDDING SOUP 6 OZ CHICKEN TENDERS ½ CUP CARROTS AND PEAS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ VEGETABLE AND CHEESE QUESADILLA(WHOLE GRAIN) ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ MINSTRONE SOUP 6 OZ FALL TURKEY SALAD ON A WHOLE GRAIN WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ AUTUMN SQUASH SOUP 6 OZ SALMON OR 1 PIZZA 1 CUP SWEET POTATO WEDGES 1 CUP SIDE SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK | DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE GRAIN BREAD 1 CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK |
| 6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ROASTED MEDITERRANEAN CHICKEN ½ CUP RICE PILAF WHOLE GRAIN 1 CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6OZ. TURKEY POT PIE ½ CUP SAUTÉED GARLIC AND HERB GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ SLOPPY JOE RICE BOWL ½ CUP WHOLE GRAIN RICE ½ OF GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 2 PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ PULLED PORK BURRITO ½ CUP WHOLE GRAIN RICE ½ CUP BLACK BEANS ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF POTATO WEDGES 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK |

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

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| 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 |
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| SUNDAY DEC 14 | MONDAY DEC 15 | TUESDAY DEC 16 | WEDNESDAY DEC 17 | THURSDAY DEC 18 | FRIDAY DEC 19 | SATURDAY DEC 20 |
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| 2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 CUP TRIPLE BERRY OATMEAL BREAKFAST BOWL 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 3 OZ SCRAMBLED CHEESY EGGS 1 HASH BROWN 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 STUFFED WHOLE GRAIN FRENCH TOAST 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 1 EGG, HAM AND SWISS ON A WHOLE GRAIN ENGLISH MUFFIN ½ CUP FRUIT SALAD 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 6 OZ HOT OATMEAL COCONUT AND BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ | 3 OZ SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ |
| 6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ FRENCH ONION SOUP 6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ASIAN STYLE BEEF MEATBALL RICE BOWL ½ CUP WHOLE GRAIN RICE ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ CHICKEN TORTILLA SOUP 6 OZ FALL CHICKEN SALAD WITH A CHOICE OF A WHOLE WHEAT WRAP OR MULTI GRAIN BREAD ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ CHEESE TORTELLINI IN A BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ CAULIFLOWER SOUP 6 OZ SALMON OR PIZZA 1 CUP SWEET POTATO WEDGES 1 CUP SIDE SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK | 6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK |
| 6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ TERIYAKI BEEF ½ CUP WHOLE GRAIN RICE ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ HERB ROASTED CHICKEN ½ CUP OF ROASTED POTATO WEDGES ½ CUP ROASTED GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT 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. 1% LOW-FAT MILK | 1 PIZZA WHOLE GRAIN 1 CUP CAESAR SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ GROUND TURKEY RICE BOWL ½ CUP WHOLE GRAIN RICE ½ CUP BROCCOLI 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK | 6 OZ ROASTED PORK LOIN ½ CUP CARROT AND PEAS ½ CUP MASH POTATO 1 WHOLE GRAIN ROLL FRESH FRUIT 1 CUP OF SALAD ½ PT. 1% LOW-FAT MILK |

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

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| 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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