

SCHOOL MENU – SPRING 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAR 15	MONDAY MAR 16	TUESDAY MAR 17	WEDNESDAY MAR 18	THURSDAY MAR 19	FRIDAY MAR 20	SATURDAY MAR 21
1 ASSORTED BAGELS WITH LOW FAT CREAM CHEESE 2 TURKEY BREAKFAST PATTIES FRESH FRUIT 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 PORK SAUSAGE LINKS PURE MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE GRAIN ROLL 1 TURKEY 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 LEMON BLUEBERRY WHOLE GRAIN MUFFIN 2 VEGGIE SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 BREAKFAST BURRITO 2 OZ WHOLE-GRAIN TORTILLA 2 OZ SCRAMBLED EGGS 1 OZ SHREDDED CHEESE 2 OZ BLACK BEANS AND SALSA 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON, FRESH BERRY COMPOTE BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ PASTA AND VEGGIE MEAT BOLOGNESE ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. ROASTED CORN CHOWDER SOUP 6 OZ ROASTED TURKEY 1 CUP RICE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6OZ CORNED BEEF BRISKET ½ CUP POTATOES ½ CUP CABBAGE, AND CARROTS IRISH SODA BREAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HERB ROASTED 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 TOMATO AND BASIL SOUP 1 GRILLED CHEESE SANDWICH (ON WHOLE GRAIN BREAD) ½ CUP OF BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ FISH AND CHIPS TARTAR SAUCE ½ CUP POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP ASPARAGUS ½ CUP MASHED POTATO 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF MASHED POTATO 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 BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 CHEESE & VEGGIE CRUMBLE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BAKED ZITI 1 CUP OF SPRING SALAD 1 WHOLE GRAIN ROLL FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASIAN GLAZED BEEF MEATBALLS ½ CUP OF RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

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

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

SCHOOL MENU – SPRING 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAR 22	MONDAY MAR 23	TUESDAY MAR 24	WEDNESDAY MAR 25	THURSDAY MAR 26	FRIDAY MAR 27	SATURDAY MAR 28
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 OZ OF FRESH BERRIES OR BANANAS 2 PORK SAUSAGE LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG, BACON AND CHEESE SANDWICH 2 VEGGIE BREAKFAST PATTIES 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 PORK SAUSAGE LINKS BUTTER MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 STRAWBERRY & BANANA OVERNIGHT OATS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG, POTATO ,HAM & CHEESE BREAKFAST BOWL ½ CUP POTATOES 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 PASTA PRIMAVERA WITH PEAS & ASPARAGUS ½ CUP PEAS & ASPARAGUS 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 BBQ CHICKEN ½ CUP OF MASHED POTATO ½ CUP OF BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. CHICKEN MEATBALLS WITH LIGHT TOMATO & BASIL SAUCE ½ CUP OF PASTA 1 WHOLE GRAIN ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BROCCOLI & CHEDDAR SOUP 6OZ CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 ROMAN STYLE PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ BAKED CHICKEN PARMESAN ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ HERB ROASTED CHICKEN 1 BAKED POTATO WEDGES ½ CUP OF GREEN BEANS 8 OZ. SIDE 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	1 MEXICAN VEGGIE AND CHEESE TACO ½ CUP STREET CORN ½ CUP SALSA 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 & VEGGIE STIR FRY WITH JASMINE RICE ½ CUP RICE ½ CUP STIR FRY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. 6 OZ. GARLIC AND LEMON CHICKEN POTATO BOWL ½ CUP POTATO ½ CUP GREEK SIDE SALAD 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE (WHOLE GRAIN ROLL ½ CUP OF PEPPERS AND ONIONS 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

<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
--	---

SCHOOL MENU – SPRING 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAR 29	MONDAY MAR 30	TUESDAY MAR 31	WEDNESDAY APR 1	THURSDAY APR 2	FRIDAY APR 3	SATURDAY APR 4
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 BLUEBERRY OAT BREAKFAST WHOLE GRAIN MUFFIN 2 TURKEY BREAKFAST PATTIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG AND CHEESE ON A WHOLE GRAIN ROLL 1 SLICE OF CANADIAN BACON 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 BLUEBERRY AND BANANA WHOLE GRAIN PANCAKE 2 TURKEY BREAKFAST LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED 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 WHOLE GRAIN WRAP 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 CHICKEN TENDERS ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6OZ. BYO GRILLED TURKEY BURGER ON WHOLE GRAIN BUN WITH SPRING SLAW ½ CUP SPRING SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CRISPY CHICKEN RANCH WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SALMON 1 CUP SWEET POTATO WEDGES 1 CUP SPRING 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 WHEAT BREAD ½ CUP COMPOSED SALAD 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 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	6 OZ VEGETABLE AND CHEESE QUESADILLA (WHOLE GRAIN WRAP) ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE ½ OF GARLIC BROCCOLI 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 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 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

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 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY APR 5	MONDAY APR 6	TUESDAY APR 7	WEDNESDAY APR 8	THURSDAY APR 9	FRIDAY APR 10	SATURDAY APR 11
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	SPECIAL MENU FOR AGENCY CONFERENCE DAY BYO EGG, BACON AND CHEESE MINI CROISSANT SANDWICHES ASSORTED PASTRIES YOGURT PARFAITS	3 OZ SCRAMBLED CHEESY EGGS 1 HASH BROWN 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 WHOLE GRAIN FRENCH TOAST 2 TURKEY BREAKFAST PATTIES 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 WHOLE GRAIN TOAST + FRESH BERRIES 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	SPECIAL MENU FOR AGENCY CONFERENCE DAY CHOICES ARE GRAB & GO SANDWICHES OR GRAB & GO SALADS	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 CHEESE TORTELLINI IN A BASIL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	2 CHICKEN TACO 2 OZ GUACAMOLE 2 OZ SALSA ½ CUP OF MEXICAN CORN SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6OZ SLICED BEEF GYRO WITH TZATZIKI & SPRING GREENS ON A PITA ½ CUP PITA ½ CUP SPRING SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT MILK	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 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	1 BYO HAMBURGER 1 CUP CAESAR SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6OZ TURKEY BOLOGNESE PASTA BOWL ½ CUP PASTA ½ CUP PEAS AND CARROTS 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	8 CHICKEN AND VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP SPICY PICKLED CUCUMBER AND CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ PASTA POMODORO WITH BASIL AND MOZZARELLA CHEESE ½ CUP PASTA ½ CUP SIDE SALAD 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 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 ROASTED PORK LOIN ½ CUP CARROT AND PEAS ½ RICE 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

<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
--	---

SCHOOL MENU – SPRING 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY APR 12	MONDAY APR 13	TUESDAY APR 14	WEDNESDAY APR 15	THURSDAY APR 16	FRIDAY APR 17	SATURDAY APR 18
1 ASSORTED BAGELS WITH LOW FAT CREAM CHEESE 2 TURKEY BREAKFAST PATTIES FRESH FRUIT 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 PORK SAUSAGE LINKS PURE MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE GRAIN ROLL 1 TURKEY 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 LEMON BLUEBERRY WHOLE GRAIN MUFFIN 2 TURKEY BREAKFAST LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 BREAKFAST BURRITO 2 OZ WHOLE-GRAIN TORTILLA 2 OZ SCRAMBLED EGGS 1 OZ SHREDDED CHEESE 2 OZ BLACK BEANS AND SALSA 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON, FRESH BERRY COMPOTE BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ PASTA AND VEGGIE MEAT BOLOGNESE ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	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 1 GRILLED CHEESE SANDWICH (ON WHOLE GRAIN BREAD) 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 CORNBREAD (WHOLE GRAIN) 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ TERIYAKI BEEF RICE BOWL WITH STIR-FRY VEGGIES ½ CUP STIR-FRY VEGGIES ½ CUP RICE 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ FISH AND CHIPS TARTAR SAUCE ½ CUP POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP ASPARAGUS ½ CUP MASHED POTATO 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ 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 BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 CHEESE & VEGGIE CRUMBLE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BAKED ZITI 1 CUP OF SPRING SALAD 1 WHOLE GRAIN ROLL FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASIAN GLAZED BEEF MEATBALLS ½ CUP OF RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT 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 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY APR 19	MONDAY APR 20	TUESDAY APR 21	WEDNESDAY APR 22	THURSDAY APR 23	FRIDAY APR 24	SATURDAY APR 25
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 OZ OF FRESH BERRIES OR BANANAS 2 PORK SAUSAGE LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGEL WITH CREAM CHEESE 2 TURKEY 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 PORK SAUSAGE LINKS BUTTER MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 STRAWBERRY & BANANA OVERNIGHT OATS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	SPECIAL MENU FOR HUMAN ANIMAL INTERACTION CONFERENCE DAY ASSORTED PASTRIES MUFFINS, BAGELS AND MINI CROISSANT YOGURT PARFAITS OJ , COFFEE AND TEA	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 BAKED ZITI ½ CUP BROCCOLI 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 BBQ CHICKEN ½ CUP OF MASHED POTATO ½ CUP OF BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. CHICKEN MEATBALLS WITH LIGHT TOMATO & BASIL SAUCE ½ CUP OF PASTA 1 WHOLE GRAIN ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ LEMON CHICKEN ORZO SOUP 6OZ CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	SPECIAL MENU FOR HUMAN ANIMAL INTERACTION CONFERENCE DAY CHOICES ARE GRAB & GO SANDWICHES OR GRAB & GO SALADS	6 OZ BAKED CHICKEN PARMESAN ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ HERB ROASTED CHICKEN 1 BAKED POTATO WEDGES ½ CUP OF GREEN BEANS 8 OZ. SIDE 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	1 MEXICAN VEGGIE AND CHEESE TACO ½ CUP STREET CORN ½ CUP SALSA 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 & VEGGIE STIR FRY WITH JASMINE RICE ½ CUP RICE ½ CUP STIR FRY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. GARLIC AND LEMON CHICKEN POTATO BOWL ½ CUP POTATO ½ CUP GREEK SIDE SALAD 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE (WHOLE GRAIN ROLL ½ CUP OF PEPPERS AND ONIONS 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

<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
--	---

SCHOOL MENU – SPRING 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY APR 26	MONDAY APR 27	TUESDAY APR 28	WEDNESDAY APR 29	THURSDAY APR 30	FRIDAY MAY 1	SATURDAY MAY 2
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 BLUEBERRY OAT BREAKFAST WHOLE GRAIN MUFFIN 2 VEGGIE BREAKFAST PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG AND CHEESE ON A WHOLE GRAIN ROLL 1 SLICE OF CANADIAN BACON 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 BLUEBERRY AND BANANA WHOLE GRAIN PANCAKE 2 TURKEY BREAKFAST LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGEL WITH LOW FAT CREAM CHEESE 2 TURKEY 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 WHOLE GRAIN WRAP 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 CHICKEN TENDERS ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6OZ. GRILLED TURKEY BURGER ON WHOLE GRAIN WITH SPRING SLAW ½ CUP SPRING SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CRISPY CHICKEN RANCH WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SALMON 1 CUP SWEET POTATO WEDGES 1 CUP SPRING 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 WHEAT BREAD ½ CUP COMPOSED SALAD 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 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	6 OZ VEGETABLE AND CHEESE QUESADILLA (WHOLE GRAIN WRAP) ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE ½ OF GARLIC BROCCOLI 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 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 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

<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
--	---

SCHOOL MENU – SPRING 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAY 3	MONDAY MAY 4	TUESDAY MAY 5	WEDNESDAY MAY 6	THURSDAY MAY 7	FRIDAY MAY 8	SATURDAY MAY 9
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CUP MANGO AND PEACH 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 WHOLE GRAIN FRENCH TOAST 2 TURKEY BREAKFAST PATTIES 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 WHOLE GRAIN TOAST + FRESH BERRIES 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 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS AND CORN 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ GRILLED BEEF FAJITA BOWL WITH PEPPERS & ONIONS ½ CUP RICE ½ CUP ONION & PEPPERS ½ CUP CHIPS AND SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. FAT-FREE	6 OZ CHEESE TORTELLINI IN A BASIL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	2 CHICKEN TACO 2 OZ GUACAMOLE 2 OZ SALSA ½ CUP OF MEXICAN CORN SLAW 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. MILK 1% LOW-FAT CHOCOLATE MILK	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 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	1 BYO HAMBURGER 1 CUP CAESAR SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ TURKEY BOLOGNESE PASTA BOWL ½ CUP PASTA ½ CUP PEAS AND CARROTS 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	8 CHICKEN AND VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP SPICY PICKLED CUCUMBER AND CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ PASTA POMODORO WITH BASIL AND MOZZARELLA CHEESE ½ CUP PASTA ½ CUP SIDE SALAD 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 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 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

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 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAY 10	MONDAY MAY 11	TUESDAY MAY 12	WEDNESDAY MAY 13	THURSDAY MAY 14	FRIDAY MAY 15	SATURDAY MAY 16
1 ASSORTED BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 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 PORK SAUSAGE LINKS PURE MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE GRAIN ROLL 1 TURKEY 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 LEMON BLUEBERRY WHOLE GRAIN MUFFIN 2 TURKEY BREAKFAST LINK ½ CUP FRESH BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 BREAKFAST BURRITO 2 OZ WHOLE-GRAIN TORTILLA 2 OZ SCRAMBLED EGGS 1 OZ SHREDDED CHEESE 2 OZ BLACK BEANS AND SALSA 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON, FRESH BERRY COMPOTE BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ PASTA AND VEGGIE MEAT BOLOGNESE ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	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	1 GRILLED CHEESE SANDWICH (ON WHOLE GRAIN BREAD) 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 CORNBREAD (WHOLE GRAIN) 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ KOREAN-STYLE BEEF RICE BOWL WITH PICKLED VEGGIES ½ CUP VEGGIE MEDLEY ½ CUP RICE 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ FISH AND CHIPS TARTAR SAUCE ½ CUP POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP ASPARAGUS ½ CUP MASHED POTATO 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ 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 BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 CHEESE & VEGGIE CRUMBLE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BAKED ZITI 1 CUP OF SPRING SALAD 1 WHOLE GRAIN ROLL FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASIAN GLAZED BEEF MEATBALLS ½ CUP OF RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT 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

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

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

SCHOOL MENU – SPRING 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAY 17	MONDAY MAY 18	TUESDAY MAY 19	WEDNESDAY MAY 20	THURSDAY MAY 21	FRIDAY MAY 22	SATURDAY MAY 23
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 OZ OF FRESH BERRIES OR BANANAS 2 PORK SAUSAGE LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGEL WITH CREAM CHEESE 2 TURKEY 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 PORK SAUSAGE LINKS BUTTER MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 STRAWBERRY & BANANA OVERNIGHT OATS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG, POTATO ,HAM & CHEESE BREAKFAST BOWL ½ CUP POTATOES 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 BAKED ZITI ½ CUP BROCCOLI 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 BBQ CHICKEN ½ CUP OF MASHED POTATO ½ CUP OF BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. CHICKEN MEATBALLS WITH LIGHT TOMATO & BASIL SAUCE ½ CUP OF PASTA 1 WHOLE GRAIN ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASPARAGUS & WHITE BEAN SOUP 6OZ CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 ROMAN STYLE PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ BAKED CHICKEN PARMESAN ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ HERB ROASTED CHICKEN 1 BAKED POTATO WEDGES ½ CUP OF GREEN BEANS 8 OZ. SIDE 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	1 MEXICAN VEGGIE AND CHEESE TACO ½ CUP STREET CORN ½ CUP SALSA 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 & VEGGIE STIR FRY WITH JASMINE RICE ½ CUP RICE ½ CUP STIR FRY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. 6 OZ. GARLIC AND LEMON CHICKEN POTATO BOWL ½ CUP POTATO ½ CUP GREEK SIDE SALAD 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE (WHOLE GRAIN ROLL ½ CUP OF PEPPERS AND ONIONS 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

<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
--	---

SCHOOL MENU – SPRING 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAY 24	MONDAY MAY 25	TUESDAY MAY 26	WEDNESDAY MAY 27	THURSDAY MAY 28	FRIDAY MAY 29	SATURDAY MAY 30
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 BLUEBERRY OAT BREAKFAST WHOLE GRAIN MUFFIN 2 VEGGIE BREAKFAST PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG AND CHEESE ON A WHOLE GRAIN ROLL 1 SLICE OF CANADIAN BACON 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 BLUEBERRY AND BANANA WHOLE GRAIN PANCAKE 2 TURKEY BREAKFAST LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGEL WITH LOW FAT CREAM CHEESE 2 TURKEY 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 WHOLE GRAIN WRAP 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 CHICKEN TENDERS ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6OZ. TURKEY & AVOCADO WRAP WITH FRESH SALSA ½ CUP SAUTÉED GARLIC AND HERB GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CRISPY CHICKEN RANCH SALAD BOWL ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SALMON 1 CUP SWEET POTATO WEDGES 1 CUP SPRING 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 WHEAT BREAD ½ CUP COMPOSED SALAD 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 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	6 OZ VEGETABLE AND CHEESE QUESADILLA (WHOLE GRAIN WRAP) ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE ½ OF GARLIC BROCCOLI 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 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 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

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 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAY 31	MONDAY JUNE 1	TUESDAY JUNE 2	WEDNESDAY JUNE 3	THURSDAY JUNE 4	FRIDAY JUNE 5	SATURDAY JUNE 6
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CUP MANGO AND PEACH 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 WHOLE GRAIN FRENCH TOAST 2 TURKEY BREAKFAST PATTIES 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 WHOLE GRAIN TOAST + FRESH BERRIES 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 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS AND CORN 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 CHEESE TORTELLINI IN A BASIL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	2 CHICKEN TACO 2 OZ GUACAMOLE 2 OZ SALSA ½ CUP OF MEXICAN CORN SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SLICED BEEF GYRO WITH TZATZIKI & SPRING GREENS ON A PITA ½ CUP PITA ½ CUP SPRING SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT MILK	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 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	1 BYO HAMBURGER 1 CUP CAESAR SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ TURKEY BOLOGNESE PASTA BOWL ½ CUP PASTA ½ CUP PEAS AND CARROTS 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	8 CHICKEN AND VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP SPICY PICKLED CUCUMBER AND CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ PASTA POMODORO WITH BASIL AND MOZZARELLA CHEESE ½ CUP PASTA ½ CUP SIDE SALAD 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 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 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

<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
--	---

SCHOOL MENU – SPRING 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JUNE 7	MONDAY JUNE 8	TUESDAY JUNE 9	WEDNESDAY JUNE 10	THURSDAY JUNE 11	FRIDAY JUNE 12	SATURDAY JUNE 13
1 ASSORTED BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 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 PORK SAUSAGE LINKS PURE MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE GRAIN ROLL 1 TURKEY 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 LEMON BLUEBERRY 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 BREAKFAST BURRITO 2 OZ WHOLE-GRAIN TORTILLA 2 OZ SCRAMBLED EGGS 1 OZ SHREDDED CHEESE 2 OZ BLACK BEANS AND SALSA 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON, FRESH BERRY COMPOTE BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ PASTA AND VEGGIE MEAT BOLOGNESE ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	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	1 GRILLED CHEESE SANDWICH (ON WHOLE GRAIN BREAD) 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 CORNBREAD (WHOLE GRAIN) 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ TERIYAKI BEEF RICE BOWL WITH STIR-FRY VEGGIES ½ CUP STIR-FRY VEGGIES ½ CUP RICE 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ FISH AND CHIPS TARTAR SAUCE ½ CUP POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP ASPARAGUS ½ CUP MASHED POTATO 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ 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 BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 CHEESE & VEGGIE CRUMBLE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BAKED ZITI 1 CUP OF SPRING SALAD 1 WHOLE GRAIN ROLL FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASIAN GLAZED BEEF MEATBALLS ½ CUP OF RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

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

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

SCHOOL MENU – SPRING 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JUNE 13	MONDAY JUNE 14	TUESDAY JUNE 15	WEDNESDAY JUNE 16	THURSDAY JUNE 17	FRIDAY JUNE 18	SATURDAY JUNE 19
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 OZ OF FRESH BERRIES OR BANANAS 2 PORK SAUSAGE LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGEL WITH CREAM CHEESE 2 TURKEY 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 PORK SAUSAGE LINKS BUTTER MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 STRAWBERRY & BANANA OVERNIGHT OATS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG, POTATO ,HAM & CHEESE BREAKFAST BOWL ½ CUP POTATOES 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 BAKED ZITI ½ CUP BROCCOLI 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 BBQ CHICKEN ½ CUP OF MASHED POTATO ½ CUP OF BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. CHICKEN MEATBALLS WITH LIGHT TOMATO & BASIL SAUCE ½ CUP OF PASTA 1 WHOLE GRAIN ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6OZ CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 ROMAN STYLE PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ BAKED CHICKEN PARMESAN ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ HERB ROASTED CHICKEN 1 BAKED POTATO WEDGES ½ CUP OF GREEN BEANS 8 OZ. SIDE 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	1 MEXICAN VEGGIE AND CHEESE TACO ½ CUP STREET CORN ½ CUP SALSA 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 KOREAN-STYLE BEEF RICE BOWL WITH PICKLED VEGGIES ½ CUP VEGGIE MEDLEY ½ CUP RICE 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. GARLIC AND LEMON CHICKEN POTATO BOWL ½ CUP POTATO ½ CUP GREEK SIDE SALAD 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE (WHOLE GRAIN ROLL ½ CUP OF PEPPERS AND ONIONS 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

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 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JUNE 20	MONDAY JUNE 21	TUESDAY JUNE 22	WEDNESDAY JUNE 23	THURSDAY JUNE 24	FRIDAY JUNE 25	SATURDAY JUNE 26
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 BLUEBERRY OAT BREAKFAST WHOLE GRAIN MUFFIN 2 VEGGIE BREAKFAST PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG AND CHEESE ON A WHOLE GRAIN ROLL 1 SLICE OF CANADIAN BACON 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 BLUEBERRY AND BANANA WHOLE GRAIN PANCAKE 2 TURKEY BREAKFAST LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED 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 WHOLE GRAIN WRAP 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 CHICKEN TENDERS ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6OZ. TURKEY TACO SALAD BOWL WITH FRESH CORN & PICO DE GALLO 1 CUP CORN & PICO DE GALLO RELISH 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CRISPY CHICKEN RANCH WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SALMON 1 CUP SWEET POTATO WEDGES 1 CUP SPRING 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 WHEAT BREAD ½ CUP COMPOSED SALAD 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 ROASTED MEDITERRANEAN CHICKEN ½ CUP RICE PILAF 1 CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA (WHOLE GRAIN WRAP) ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE ½ OF GARLIC BROCCOLI 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 PULLED PORK BURRITO ½ CUP 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 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

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