

# **SCHOOL MENU – SPRING 2026**

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

<b>SUNDAY MAY 10</b>	<b>MONDAY MAY 11</b>	<b>TUESDAY MAY 12</b>	<b>WEDNESDAY MAY 13</b>	<b>THURSDAY MAY 14</b>	<b>FRIDAY MAY 15</b>	<b>SATURDAY MAY 16</b>
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"> <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 2026**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MAY 17</b>	<b>MONDAY MAY 18</b>	<b>TUESDAY MAY 19</b>	<b>WEDNESDAY MAY 20</b>	<b>THURSDAY MAY 21</b>	<b>FRIDAY MAY 22</b>	<b>SATURDAY MAY 23</b>
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"> <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 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**

<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 2026**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY MAY 31</b>	<b>MONDAY JUNE 1</b>	<b>TUESDAY JUNE 2</b>	<b>WEDNESDAY JUNE 3</b>	<b>THURSDAY JUNE 4</b>	<b>FRIDAY JUNE 5</b>	<b>SATURDAY JUNE 6</b>
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**

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**

<b>SUNDAY JUNE 7</b>	<b>MONDAY JUNE 8</b>	<b>TUESDAY JUNE 9</b>	<b>WEDNESDAY JUNE 10</b>	<b>THURSDAY JUNE 11</b>	<b>FRIDAY JUNE 12</b>	<b>SATURDAY JUNE 13</b>
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"> <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 2026**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JUNE 14</b>	<b>MONDAY JUNE 15</b>	<b>TUESDAY JUNE 16</b>	<b>WEDNESDAY JUNE 17</b>	<b>THURSDAY JUNE 18</b>	<b>FRIDAY JUNE 19</b>	<b>SATURDAY JUNE 20</b>
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**

<b>SUNDAY JUNE 21</b>	<b>MONDAY JUNE 22</b>	<b>TUESDAY JUNE 23</b>	<b>WEDNESDAY JUNE 24</b>	<b>THURSDAY JUNE 25</b>	<b>FRIDAY JUNE 26</b>	<b>SATURDAY JUNE 27</b>
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

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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
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL