

SCHOOL MENU – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JUNE 21	MONDAY JUNE 22	TUESDAY JUNE 23	WEDNESDAY JUNE 24	THURSDAY JUNE 25	FRIDAY JUNE 26	SATURDAY JUNE 27
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 WITH PEACHES AND TOASTED COCONUT OR WHOLE GRAIN CEREAL 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
6 OZ TERIYAKI SALMON 1 CUP SKEET POTTO WEDGES ½ CUP BROCOLI 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	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 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 – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JUNE 28	MONDAY JUNE 29	TUESDAY JUNE 30	WEDNESDAY JULY 1	THURSDAY JULY 2	FRIDAY JULY 3	SATURDAY JULY 4
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP CARROT AND APPLE SPICE BREAKFAST MUFFIN 4 OZ OF YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	3 PANCAKES WITH BANANAS AND BLUEBERRIES 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, CHORIZO AND PEPPER JACK CHEESE ON A KAISER ROLL ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	5 FRENCH TOAST STICKS WITH MIXED FRUIT COMPOTE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ BAKED ZITI 1 CUP OF ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	4 CHICKEN TENDERS 1 CUP OF ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PASTA BOLOGNESE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN FISH STICKS POKE BOWL ½ CUP RICE 1 CUP OF ASIAN STYLE CUCUMBER SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	1 CHICKEN PARMESAN ON A WEDGE 1 CUP CAESAR SALAD 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 MILK	6OZ BYO BURGER BAR WITH ASSORTED TOPPINGS 1 CUP WEDGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED PORK CHOPS ½ CUP OF ROASTED POTATO WEDGES ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ VEGGIE AND KALE DUMPLINGS OR CHICKEN DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SAUSAGE AND PEPPER PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ GROUND TURKEY PASTA BOWL ½ CUP PASTA ½ CUP VEGETABLE MEDLEY 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD ½ PT MILK

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

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

SCHOOL MENU – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JULY 5	MONDAY JULY 6	TUESDAY JULY 7	WEDNESDAY JULY 8	THURSDAY JULY 9	FRIDAY JULY 10	SATURDAY JULY 11
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT HONEY BISCUIT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE PEACH AND OAT CRISP MUFFIN 2 VEGGIE SAUSAGE FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 BREADED CHICKEN SANDWICH ON A ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT MILK	1 CHEESE QUESADILLA ½ CUP CORN SALAD FRESH FRUIT 1 CUP SALAD ½ PT MILK	6 OZ MAC & CHEESE ½ CUP BROCCOLI 1 CUP TOSSED SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH SANDWICH ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF BAKED POTATO ½ CUP OF ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK

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

<ol style="list-style-type: none"> 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 – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JULY 12	MONDAY JULY 13	TUESDAY JULY 14	WEDNESDAY JULY 15	THURSDAY JULY 16	FRIDAY JULY 17	SATURDAY JULY 18
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	6 OZ QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 PIZZA STIX WITH MARINARA SAUCE 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 BBQ CHICKEN SANDWICH WITH COLESLAW ½ CUP OF COLE SLAW 1 CUP TOSSED SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BBQ GRILLED CHICKEN AND CHEESE SANDWICH 1 CUP SUMMER SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	***BBQ*** 1 HAMBURGERS ½ CUP VEGETARIAN BAKED BEANS ASSORTED TOPPINGS ½ CUP MACARONI SALAD 1 CUP SALAD 1 WATERMELON SLICE FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 1 CUP. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 OZ KOREAN BEEF BULGOGI RICE BOWL ½ CUP RICE ½ CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. CAJUN CHICKEN WITH A CREAMY TOMATO SAUCE AND PENNE PASTA 1 CUP OF PENNE PASTA ½ CUP PEAS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

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

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

SCHOOL MENU – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JULY 19	MONDAY JULY 20	TUESDAY JULY 21	WEDNESDAY JULY 22	THURSDAY JULY 23	FRIDAY JULY 24	SATURDAY JULY 25
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL WITH PEACHES AND TOASTED COCONUT OR WHOLE GRAIN CEREAL 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 HOMEMADE CARROT AND RAISIN OAT MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 HAM AND CHEESE EGG BITES 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BERRIES AND BANANA PANCAKES 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	4 CHICKEN TENDERS 1 CUP OF ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PASTA BOLOGNESE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN FISH STICKS POKE BOWL ½ CUP RICE 1 CUP OF ASIAN STYLE CUCUMBER SALAD FRESH FRUIT ½ PT. CHOCOLATE 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 MILK
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TERIYAKI BEEF ½ CUP RICE ¼ CUP STIR FRY VEGETABLES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1. SLICED ROASTED TURKEY WITH GRAVY ½ CUP MASHED POTATO ½ CUP ROASTED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA ½ CUPS ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

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

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

SCHOOL MENU – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JULY 26	MONDAY JULY 27	TUESDAY JULY 28	WEDNESDAY JULY 29	THURSDAY JULY 30	FRIDAY JULY 31	SATURDAY AUG 1
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT HONEY BISCUIT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE PEACH AND OAT CRISP MUFFIN 2 VEGGIE SAUSAGE FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 BREADED CHICKEN SANDWICH ON A ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT MILK	1 CHEESE QUESADILLA ½ CUP CORN SALAD FRESH FRUIT 1 CUP SALAD ½ PT MILK	6 OZ MAC & CHEESE ½ CUP BROCCOLI 1 CUP TOSSED SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH SANDWICH ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF BAKED POTATO ½ CUP OF ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK

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

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

SCHOOL MENU – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Aug 2	MONDAY Aug 3	TUESDAY Aug 4	WEDNESDAY Aug 5	THURSDAY Aug 6	FRIDAY Aug 7	SATURDAY Aug 8
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	6 OZ QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 PIZZA STIX WITH MARINARA SAUCE 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 BBQ CHICKEN SANDWICH WITH COLESLAW ½ CUP OF COLE SLAW 1 CUP TOSSED SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BBQ GRILLED CHICKEN AND CHEESE SANDWICH 1 CUP SUMMER SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	***BBQ*** 1 HAMBURGERS ½ CUP VEGETARIAN BAKED BEANS ASSORTED TOPPINGS ½ CUP MACARONI SALAD 1 CUP SALAD 1 WATERMELON SLICE FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 1 CUP. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 OZ KOREAN BEEF BULGOGI RICE BOWL ½ CUP RICE ½ CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. CAJUN CHICKEN WITH A CREAMY TOMATO SAUCE AND PENNE PASTA 1 CUP OF PENNE PASTA ½ CUP PEAS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

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

<ol style="list-style-type: none"> 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 – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Aug 9	MONDAY Aug 10	TUESDAY Aug 11	WEDNESDAY Aug 12	THURSDAY Aug 13	FRIDAY Aug 14	SATURDAY Aug 15
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL WITH PEACHES AND TOASTED COCONUT OR WHOLE GRAIN CEREAL 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 HOMEMADE CARROT AND RAISIN OAT MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 HAM AND CHEESE EGG BITES 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BERRIES AND BANANA PANCAKES 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	4 CHICKEN TENDERS 1 CUP OF ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PASTA BOLOGNESE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN FISH STICKS POKE BOWL ½ CUP RICE 1 CUP OF ASIAN STYLE CUCUMBER SALAD FRESH FRUIT ½ PT. CHOCOLATE 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 MILK
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TERIYAKI BEEF ½ CUP RICE ¼ CUP STIR FRY VEGETABLES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1. SLICED ROASTED TURKEY WITH GRAVY ½ CUP MASHED POTATO ½ CUP ROASTED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA ½ CUPS ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

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

<ol style="list-style-type: none"> 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 – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Aug 16	MONDAY Aug 17	TUESDAY Aug 18	WEDNESDAY Aug 19	THURSDAY Aug 20	FRIDAY Aug 21	SATURDAY Aug 22
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT HONEY BISCUIT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE PEACH AND OAT CRISP MUFFIN 2 VEGGIE SAUSAGE FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 BREADED CHICKEN SANDWICH ON A ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT MILK	1 CHEESE QUESADILLA ½ CUP CORN SALAD FRESH FRUIT 1 CUP SALAD ½ PT MILK	6 OZ MAC & CHEESE ½ CUP BROCCOLI 1 CUP TOSSED SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH SANDWICH ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF BAKED POTATO ½ CUP OF ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK

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

<ol style="list-style-type: none"> 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 – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Aug 23	MONDAY Aug 24	TUESDAY Aug 25	WEDNESDAY Aug 26	THURSDAY Aug 27	FRIDAY Aug 28	SATURDAY Aug 29
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	6 OZ QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 PIZZA STIX WITH MARINARA SAUCE 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 BBQ CHICKEN SANDWICH WITH COLESLAW ½ CUP OF COLE SLAW 1 CUP TOSSED SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BBQ GRILLED CHICKEN AND CHEESE SANDWICH 1 CUP SUMMER SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	***BBQ*** 1 HAMBURGERS ½ CUP VEGETARIAN BAKED BEANS ASSORTED TOPPINGS ½ CUP MACARONI SALAD 1 CUP SALAD 1 WATERMELON SLICE FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 1 CUP. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 OZ KOREAN BEEF BULGOGI RICE BOWL ½ CUP RICE ½ CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. CAJUN CHICKEN WITH A CREAMY TOMATO SAUCE AND PENNE PASTA 1 CUP OF PENNE PASTA ½ CUP PEAS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

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

<ol style="list-style-type: none"> 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 – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Aug 30	MONDAY Aug 31	TUESDAY SEP 1	WEDNESDAY SEP 2	THURSDAY SEP 3	FRIDAY SEP 4	SATURDAY SEP 5
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL WITH PEACHES AND TOASTED COCONUT OR WHOLE GRAIN CEREAL 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 HOMEMADE CARROT AND RAISIN OAT MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 HAM AND CHEESE EGG BITES 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BERRIES AND BANANA PANCAKES 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP MIXED GREEN SALAD WITH YOUR CHOICE OF DRESSING 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER AND GARLIC GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BUFFALO CHICKEN ON FRENCH BREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6OZ FISH AND CHIPS ½ CUP OF SEASONED FRIES ½ CUP COLE SLAW FRESH FRUIT ½ PT MILK	BBQ FRIDAY 1 HAMBURGER OR CHEESEBURGER WITH ASSORTED TOPPING ½ CUP MACARONI SALAD 1 CUP WATERMELON 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT 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 MILK
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TERIYAKI BEEF ½ CUP RICE ¼ CUP STIR FRY VEGETABLES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1. SLICED ROASTED TURKEY WITH GRAVY ½ CUP MASHED POTATO ½ CUP ROASTED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA ½ CUPS ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

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

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

SCHOOL MENU – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 6	MONDAY SEP 7	TUESDAY SEP 8	WEDNESDAY SEP 9	THURSDAY SEP 10	FRIDAY SEP 11	SATURDAY SEP 12
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT HONEY BISCUIT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE PEACH AND OAT CRISP MUFFIN 2 VEGGIE SAUSAGE FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ PULLED CHICKEN NACHOS ½ CUP CORN AND BLACK BEAN SALAD 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 HAM AND GRILLED CHEESE PANINI SANDWICH ½ CUP OF MIXED GREEN SALAD WITH A CHOICE OF DRESSING 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ RIGATONI WITH BEEF BOLOGNESE ½ CUP GREEN BEANS 1 GARLIC STICK 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 HONEY MUSTARD CHICKEN MELT WITH SWISS CHEESE ON A BUN 1 CUP HOUSE CHOPPED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH SANDWICH ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF BAKED POTATO ½ CUP OF ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK

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

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

SCHOOL MENU – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 13	MONDAY SEP 14	TUESDAY SEP 15	WEDNESDAY SEP 16	THURSDAY SEP 17	FRIDAY SEP 18	SATURDAY SEP 19
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	6 OZ QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP ROASTED CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 TURKEY SALAD ON A WRAP 1 MIXED GREEN SALAD WITH FIG SPREAD DRESSING 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF MEATBALL AND SPAGHETTI ½ CUP PASTA ½ CUP CAESAR SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 BBQ GRILLED CHICKEN AND CHEESE SANDWICH 1 CUP CORN RELISH SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 1 CUP. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 OZ KOREAN BEEF BULGOGI RICE BOWL ½ CUP RICE ½ CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. CAJUN CHICKEN WITH A CREAMY TOMATO SAUCE AND PENNE PASTA 1 CUP OF PENNE PASTA ½ CUP PEAS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

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

<ol style="list-style-type: none"> 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 – SUMMER 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 20	MONDAY SEP 21	TUESDAY SEP 22	WEDNESDAY SEP 23	THURSDAY SEP 24	FRIDAY SEP 25	SATURDAY SEP 26
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL WITH PEACHES AND TOASTED COCONUT OR WHOLE GRAIN CEREAL 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 HOMEMADE CARROT AND RAISIN OAT MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 HAM AND CHEESE EGG BITES 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BERRIES AND BANANA PANCAKES 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP MIXED GREEN SALAD WITH YOUR CHOICE OF DRESSING 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER AND GARLIC GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BUFFALO CHICKEN ON FRENCH BREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6OZ FISH AND CHIPS ½ CUP OF SEASONED FRIES ½ CUP COLE SLAW FRESH FRUIT ½ PT MILK	BBQ FRIDAY 1 HAMBURGER OR CHEESEBURGER WITH ASSORTED TOPPINGS ½ CUP MACARONI SALAD 1 CUP WATERMELON 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT 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 MILK
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TERIYAKI BEEF ½ CUP RICE ¼ CUP STIR FRY VEGETABLES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1. SLICED ROASTED TURKEY WITH GRAVY ½ CUP MASHED POTATO ½ CUP ROASTED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA ½ CUPS ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

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

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