



Your school cafeteria is managed by Canteen. We are an equal opportunity employer.



School Information: Breakfast is served with fresh fruit daily. All lunch meals are served with a salad bar and your choice of low-fat flavored or white milk. We use whole grain products, which are baked daily.



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

1

1
BLUEBERRY MUFFIN
CORN DOG
 APPLESAUCE
 CAPRI BLEND VEGETABLES
LEMON PEPPER CHICKEN
 DINNER ROLL

2
SAUSAGE & CHEESE BAGEL
MEATBALL SUB SANDWICH
 BROWN RICE
 BROCCOLI
 PEARS
EGG ROLLS / FORTUNE COOKIE

3
CREAM OF WHEAT & TOAST
PHILLY STEAK SANDWICH
 CARROTS
 APRICOTS
CHICKEN STICKS
 DINNER ROLL

4
HASH BROWNS & SAUSAGE PATTIE / TORTILLA
BEEF TACOS (HARD SHELL)
 PINTO BEANS
 CINNAMON APPLE SLICES
BEEF TACOS (SOFT SHELL)

7
PANCAKE WRAP
GRILLED HAM AND CHEESE
 CORN
 MANDARIN ORANGES
CHICKEN NUGGETS
 CHEX MIX (CHEDDAR)

8
BREAKFAST BURRITO
PIZZA
 ITALIAN BLEND VEGETABLES
 SIDEKICKS

9
BISCUITS & GRAVY
CHEESE RAVIOLI/MARINARA SAUCE
 BROCCOLI
 PEARS
SPAGHETTI AND MEAT SAUCE
 GARLIC BREAD

10
CHEESE OMELET/TORTILLA
FIESTA BURRITO
 PINTO BEANS
 MIXED FRUIT
CHICKEN ENCHILADA CASSEROLE
 CHEX MIX (CHEDDAR)

11
BANANA BREAD
GRILLED CHEESE SANDWICH
 CARROTS
 APPLESAUCE
CHICKEN DRUMSTICKS
 DINNER ROLL

14

15
BREAKFAST PIZZA
MEATBALL SUB SANDWICH
 MIXED VEGETABLES
 APRICOTS
SPAGHETTI AND MEAT SAUCE
 DINNER ROLL

16
CINNI MINIS
CHEESEBURGER
 OVEN FRENCH FRIES
 PEACHES
CHILE CHEESE DOG

17
BREAKFAST COMBO BAR
 TORTILLA
CHICKEN TAQUITOS
 PINTO BEANS
 CINNAMON APPLE SLICES
NACHOS SUPREME
 ANIMAL CRACKERS

18
MINI WAFFLE EGGO BITES
PIZZA
 BROCCOLI
 MANDARIN ORANGES

21
APPLE BOSCO STICK
POPCORN CHICKEN
 SWEET POTATO FRIES
 APRICOTS
SALISBURY STEAK
 DINNER ROLL

22
NUTRIGRAIN BAR
 YOGURT
FRENCH TOAST STICKS
 HASH BROWNS
 SAUSAGE PATTIE
 FRESH FRUIT

23
HONEY NUT CHEERIOS
 STRING CHEESE
CORN DOG
 BROCCOLI
 PEARS
EGG ROLLS

24

25

28
MINI PANCAKE EGGO BITES
CHICKEN PATTIE ON A BUN
 CARROTS
 APRICOTS
BBQ RIBETTE

29
BLUEBERRY MUFFIN
BEEF FAJITAS
 CORN
 CANTALOUPE
TURKEY AND CHEESE WRAP

30
POP TART & YOGURT
LASAGNA WITH MEAT SAUCE
 MIXED VEGETABLES
 MIXED FRUIT
BEEF RAVIOLI
 BREADSTICKS

31
APPLE FRUDEL
PIZZA
 BROCCOLI
 SIDEKICKS
 BROWNIES

