



School Menu “A”

WG= Whole Grain

Week 1

Breakfast	WG Buttered Biscuits, Peaches & Milk	WG Banana Muffin, Pears & Milk	WG Waffles, Peaches & Milk	WG Corn Flakes, Fresh Orange Slices & Milk	WG Apple Cinnamon Muffin, Orange Slices & Milk
Lunch	Turkey & Cheese on WG hoagie, Green Beans, pears & Milk	Bean & Cheese Burrito, WG Tortilla, Salad, Apricots, Milk	Beef Sticks, WG Rice, Baked Beans, Pears & Milk	Chicken Alfredo w/ WG Noodles, Carrots, Mixed Fruit & Milk	WG Battered Fish Stick Mashed Potatoes, Green Peas & Milk
PM Snack	WG Animal Crackers, Pears, & Water	WG Cheddar Goldfish, Mixed Fruit, & Water	WG Pretzels, Sliced Apples w/ cinnamon & Water	WG Crackers, Cheese Slices & 100% Fruit Juice	WG Sun Chips, Bananas & Water

Week 2

Breakfast	WG French Toast Sticks, Pears & Milk	WG Cinnamon Bagel w/ Cream Cheese, Apricots, & Milk	WG English Muffins w/ Butter, Pears & Milk	WG Cheerios, peaches & Milk	WG Waffle Sticks, Pears & Milk
Lunch	WG Spaghetti Noodles, Turkey Meatballs, Salad, Mixed Fruit & Milk	WG Breded Beef Patty, WG Roll, Green Beans, Peaches, & Milk	WG Rotini Pasta Salad, Barbeque Turkey Meatballs, Peas, Pineapple & Milk	Chicken Dinosaurs, Corn, Peaches, WG Roll & Milk	Ground Turkey Tacos w/ WG Tortillas, Salad, Mixed Fruit & Milk
PM Snack	WG Cinnamon Graham Crackers, Peaches & Water	WG Ritz Bites w/ Cheese Filling, Pears & Water	WG Cheerios, Apple Slice & Water	WG Animal Crackers & Milk	WG Pretzels, Cheese Sticks & Water

Week 3

Breakfast	WG Banana Muffins, Peaches & Milk	WG Buttered Biscuits, Mandarin Oranges & Milk	WG French Toast Sticks, Pears & Milk	WG Corn Flakes, Orange Slices & Milk	WG Cheerios, Pineapple & Milk
Lunch	Grilled Chicken Patties, Green Beans, Mixed Fruit, WG Roll & Milk	Chicken & Cheese Quesadilla, Black Beans, Pineapple & Milk	Crispy Beef Sticks, WG Bread Slices, Corn, Pears & Milk	Turkey/Roni w/ WG Noodles, Green Beans, Pears & Milk	Ravioli, Corn, Pears, WG Bread Slices & Milk
PM Snack	WG Wheat Crackers, Cheese Slices, & 100% Fruit Juice	WG Cheddar Goldfish, Fresh Apple Slices & Water	WG Pita Chips, Apple Slice & Water	WG Animal Crackers, Peaches & Milk	WG Cheddar Goldfish & 100% Fruit Juice

Week 4

Breakfast	WG Waffle Sticks, Peaches, & Milk	WG Rice Cakes w/ Cream Cheese, Strawberries & Milk	WG Pancakes, Fresh Apple Slices & Milk	WG Cheerios, Pineapple & Milk	WG Bagel w/ Cream Cheese, Mixed Fruit & Milk
Lunch	WG Chicken Nuggets, Diced Carrots, Pineapple, WG Bread Slices, & Milk	Chicken Tacos, WG Tortilla, Black Beans, Mixed Fruit & Milk	WG Noodle, Cheese Sauce, Green Beans, Pears & Milk	Grilled Chicken Patties, Mashed Potatoes, Peaches, WG Roll & Milk	Turkey & Cheese w/ WG w/ Broccoli, Mixed Fruit & Milk
PM Snack	WG Graham Cracker & Apple Juice	WG Sun Chips & Apple Slices	Whole Grain Wheat Thins, Cheese Slices & Water	WG Graham Crackers, Blueberries & Water	WG Wheat Crackers, Sugar Butter & 100% Fruit Juice

Note: Our Café Menu's Rotate Every Month -
EXAMPLE: January Menu A – February Menu B



School Menu “B”

WG= Whole Grain

Week 1

Breakfast	WG Oatmeal, Peaches & Milk	WG Waffles, Pears & Milk	WG English Muffins w/ Jelly, Peaches & Milk	WG Corn Flakes, Mixed Fruit & Milk	WG French Toast Sticks, Orange Slices & Milk
Lunch	Turkey -Roni w/ WG Pasta, Salad, Pears & Milk	Lemon Peppered Chicken, Corn, Peaches & Milk	Hamburger on WG Bun, Baked Beans, Bananas & Milk	Sloppy Joes on WG Bun, Green Beans, Pineapple & Milk	WG Battered Fish Sticks, Mashed Potatoes, Diced Carrots, Peaches & Milk
PM Snack	WG Cheezits & 100% Fruit Juice	WG Ritz Crackers, Sliced Cheese & Water	WG Trail Mix (Pretzels, Goldfish, Marshmallows) 100%Fruit Juice	WG Sun Chips, Sliced Apples & Water	WG Wheat Thins, Carrot Sticks w/Ranch & Water

Week 2

Breakfast	WG Buttermilk Biscuits, Pears & Milk	WG Caramel Rice Cakes w/Cream Cheese, Apricots, & Milk	WG Pancakes, Bananas & Milk	WG Cinnamon Cheerios, Mixed Fruit & Milk	WG Bagels w/Cream Cheese, Strawberries & Milk
Lunch	Tuna Slider, Salad w/cucumber and Ranch, Orange Slices & Milk	Terryaki Chicken, WG Rice, Corn, Mixed Fruit & Milk	Chicken Quesadillas, WG Tortillas, Black Beans, Pineapple & Milk	Spaghetti w/ WG Noodles, Turkey Meat Sauce, Salad, Pears & Milk	Ground Turkey Tacos w/ WG Tortillas, Salad, Mixed Fruit & Milk
PM Snack	WG Graham Crackers, 100% Fruit Juice	WG Animal Crackers, Apricots & Water	WG Cheezits, Fresh Apple Slices & Water	WG Pretzels, Oranges Slices & Milk	WG Ritz Cracker, Cheese Slices & Water

Week 3

Breakfast	WG Turkey Sausage Breakfast Pizza, Peaches & Milk	WG Oatmeal, Blueberries & Milk	WG Cheese Toast, Bananas & Milk	WG Corn Flakes, Orange Slices & Milk	WG Apple Muffins, Orange Slices & Milk
Lunch	Macaroni & Cheese w/ WG Noodles, Green Beans, Pears & Milk	Chicken Alfredo w/WG Pasta, Broccoli, Pineapple & Milk	Ravioli, Corn, Mixed Fruit & Milk	Garlic Parmesan Chicken Nuggets, Diced Carrots, WG Roll, Apple Slices & Milk	Baked Ziti w/ WG Pasta & Cheese, Salad, Pineapple & Milk
PM Snack	WG Graham Crackers, Yogurt & Water	WG Cheddar Goldfish, 100% Apple Juice	WG Saltine Crackers, Cheese Sticks & Water	WG Animal Crackers, Peaches & Milk	WG Sun Chips, Cucumber Slices & Water

Week 4

Breakfast	WG Waffles, Pears, & Milk	WG Buttered Toast w/ Jelly, Bananas & Milk	WG Bagels w/ Cream Cheese, Peaches, & Milk	WG Cheerios, Apricots & Milk	WG Pancakes, Bananas & Milk
Lunch	WG Cheese Pizza, Pineapple, Salad, & Milk	Fish Sticks, Mashed Potatoes, Green Beans & Milk	Chicken Tacos w/ WG Tortilla, Black Beans, Mixed Fruit & Milk	Chicken Tenders, Pineapple, Green Beans, WG Roll & Milk	Meatballs, WG Spaghetti Pasta, Orange Slices, Corn, & Milk
PM Snack	WG Rice Cakes w/Cream Cheese & 100% Apple Juice	WG Wheat Thins, Cucumber Slices & Water	WG Cheese Crackers, Pears & Water	WG Teddy Graham Crackers, Apple Slices & Water	WG Pretzels, Peaches & Water