



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 Muffins, Orange Slices & Milk |
| Lunch | Turkey & Cheese on WG hoagie, Green Beans, pears & Milk | Bean & Cheese Burrito, WG Tortilla, Salad, Apricots, Milk | Grilled Chicken nuggets, WG Rice, Baked Beans, Pears & Milk | Chicken Alfredo w/ WG Noodles, Carrots, Mixed Fruit & Milk | Chicken and Cheese Quesadilla, Mashed Potatoes, Green Peas, Peaches & 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 Frensch 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 Chicken 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 Cheezits, 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 | Grilled Chicken Nuggets, WG Bread Slices, Corn, Pears & Milk | TurkeyRoni 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 wrap, 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, Sun 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 | Turkey burger on WG Bun, Baked Beans, Bananas & Milk | Sloppy Joes on WG Bun, Green Beans, Pineapple & Milk | Chicken Tenders, 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%Fuit 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 | Turkey Sliders, Salad w/cucumber and Ranch, Orange Slices & Milk | Teriyaki 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 | Cheese Ravioli, Corn, WG Roll, Mixed Fruit & Milk | Garlic Parmesean 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 | WGC Cheese Pizza, Pineapple, Salad, & Milk | Shepards Pie (Peas, Ground Turkey, Mashed potatoes and cheese) & 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 |