

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>NO SCHOOL</u>	<u>NO SCHOOL</u>	<u>Breakfast</u> Choose 1: 1. Whole Grain Bagel** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
		<u>Entrée (Choose 1)</u> Cheeseburger on Whole Grain Bun, PB&J or Black Bean Burger	<u>Entrée (Choose 1)</u> Teriyaki Chicken with Brown Rice & Animal Crackers, or PBJ or Turkey & Cheese Sandwich	<u>Entrée (Choose 1)</u> Popcorn Chicken with CheezIts, PB&J or Ham & Cheese Sandwich
		<u>Vegetables (Choose 1 or 2)</u> French Fries Salad	<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Sweet Potato Fries Salad
		<u>Fruit (Choose 1 or 2)</u> Assorted 100% Fruit Juice, Assorted Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> Assorted 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> Assorted 100% Fruit Juice, Assorted Fresh Fruit, Peaches
		Choice of milk	Choice of milk	Choice of milk

NATIONAL SCHOOL BREAKFAST PROGRAM

For breakfast, students must choose at least 3 of the 4 items offered to count as a reimbursable meal. Additionally, one of the items must be a fruit item to count as a reimbursable meal. Double-star indicates breakfast component counts as 2 items. ** All grains offered are whole grains.

NATIONAL SCHOOL LUNCH PROGRAM

For lunch, students must choose at least 3 of the 5 items offered to count as a reimbursable meal. Additionally, one of the items must be a fruit or vegetable item to count as a reimbursable meal. All grains offered are whole grains.

100% Fruit Juice Includes: 100% Apple Juice **Assorted Fresh Fruits Include:** Banana, Apple, Orange or Pear.

Assorted Milks Include: Skim Milk, 1% Milk, Non-Fat Chocolate Milk, Non-Fat Strawberry Milk

Please be advised that products prepared in our kitchen may have come into contact with common food allergies. Please direct any questions regarding an allergy or food ingredient to the food service manager.

Questions or Concerns? Please contact Amy Teta, Chef Manager, at lakeside@brockco.com or 215-542-7737

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Choose 1: 1. Whole Grain Bagel ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Choose 1: 1. French Toast Stick ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Choose 1: 1. Cinnamon Bread Pudding ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
Entrée (Choose 1) Sweet and Sassy Chicken with Rice and Animal Crackers, PB&J or Ham & Cheese Sandwich	Entrée (Choose 1) Chicken Patty Sandwich, PB&J or Black Bean Burger	Entrée (Choose 1) Chicken Alfredo with Cheezits, PB&J or Tuna Sandwich	Entrée (Choose 1) Meatball Sub, PB&J or Turkey & Cheese Sandwich	Entrée (Choose 1) Pizza, PB&J or Thai Chicken Wrap
Vegetables (Choose 1 or 2) Carrots Salad	Vegetables (Choose 1 or 2) French Fries Salad	Vegetables (Choose 1 or 2) Peas Salad	Vegetables (Choose 1 or 2) Cauliflower Salad	Vegetables (Choose 1 or 2) Carrots Salad
Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Tropical Fruit	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Peaches	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Applesauce	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Pineapple	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Mandarin Oranges
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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Entrée (Choose 1) Sloppy Joe, PB&J or Turkey and Cheese Sandwich	Entrée (Choose 1) Chicken Parmesan with Whole Grain Pasta, PB&J or Ham and Cheese Sandwich	Entrée (Choose 1) Hot Turkey & Cheese Sandwich or Tuna Sandwich	Entrée (Choose 1) Walking Taco with Brown Rice, PB&J or Black Bean Burger	<u>Early Dismissal</u>
Vegetables (Choose 1 or 2) French Fries Salad	Vegetables (Choose 1 or 2) Zucchini Salad	Vegetables (Choose 1 or 2) Tomato Soup Salad	Vegetables (Choose 1 or 2) Corn Salsa	
Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Applesauce	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Applesauce	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Pineapple	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	
Choice of milk	Choice of milk	Choice of milk	Choice of milk	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>NO SCHOOL HOLIDAY</u>	<u>NO SCHOOL INSERVICE</u>	<u>Breakfast</u> Choose 1: 1. French Toast Sticks** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. PBJ ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
		<u>Entrée (Choose 1)</u> Meatloaf with Whole Grain Roll & Animal Crackers, PB&J or Turkey & Cheese Sandwich	<u>Entrée (Choose 1)</u> Baked Ziti with Whole Grain Roll, PB&J or Tuna Sandwich	<u>Entrée (Choose 1)</u> Chicken Patty Sandwich, PB&J or Black Bean Burger
		<u>Vegetables (Choose 1 or 2)</u> Mashed Potatoes Salad	<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Baked Beans Salad
		<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Peaches Salad	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Peaches
		Choice of milk	Choice of milk	Choice of milk

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Assorted Milks Include: Skim Milk, 1% Milk, Non-Fat Chocolate Milk, Non-Fat Strawberry Milk

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<u>Breakfast</u> Choose 1: 1. Whole Grain Bagel** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. French Toast Sticks** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. Biscuit with Toppings** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. Cinnamon Bread Pudding ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
<u>Entrée (Choose 1)</u> Fish sticks with Rice and Rice Krispy Treat, PB&J or Ham and Cheese Sandwich	<u>Entrée (Choose 1)</u> BBQ Pork Sandwich, PB&J or Turkey and Cheese Sandwich	<u>Entrée (Choose 1),</u> Mac and Cheese with Animal Crackers, PB&J or Tuna Sandwich	<u>Entrée (Choose 1)</u> Turkey Dog, PB&J or Thai Chicken Wrap	<u>Entrée (Choose 1)</u> Chicken Tenders w/ Cheez-Its, PB&J or Black Bean Burger
<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Corn Salad	<u>Vegetables (Choose 1 or 2)</u> Broccoli Salad	<u>Vegetables (Choose 1 or 2)</u> Baked Beans Salad	<u>Vegetables (Choose 1 or 2)</u> French Fries Salad
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> Assorted 100% Fruit Juice, Assorted Fresh Fruit, Peaches	<u>Fruit (Choose 1 or 2)</u> Assorted 100% Fruit Juice, Assorted Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> Assorted 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> Assorted 100% Fruit Juice, Assorted Fresh Fruit, Pineapple
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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BROCK LAKESIDE SCHOOL MENU FEBRUARY 4th-FEBRUARY 8th 2019 BROCK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Breakfast</u> Choose 1: 1. Whole Grain Bagel** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. French Toast Sticks** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. Whole Grain Biscuit** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
<u>Entrée (Choose 1)</u> Teriyaki Chicken w/ Brown Rice & Animal Crackers, PB&J or Ham & Cheese Sandwich	<u>Entrée (Choose 1)</u> Hot Ham and Cheese Sandwich, PB&J or Turkey and Cheese Sandwich	<u>Entrée (Choose 1)</u> Mexican Beef and Mac with Rice Krispy Treat, PB&J or Tuna Salad Sandwich	<u>Entrée (Choose 1)</u> Cheeseburger on Whole Grain Bun, PB&J or Black Bean Burger	<u>Entrée (Choose 1)</u> Popcorn Chicken with Cheez-Its, PB&J or Turkey and Cheese Sandwich
<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Tomato Soup Salad	<u>Vegetables (Choose 1 or 2)</u> Corn Salad	<u>Vegetables (Choose 1 or 2)</u> French Fries Salad	<u>Vegetables (Choose 1 or 2)</u> Carrots Salad
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Peaches	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Pineapple	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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Assorted Milks Include: Skim Milk, 1% Milk, Non-Fat Chocolate Milk, Non-Fat Strawberry Milk

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BROCK LAKESIDE SCHOOL MENU FEBRUARY 11th-FEBRUARY 15th 2019 BROCK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Breakfast</u> Choose 1: 1. Whole Grain Bagel** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. French Toast Sticks ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. Cinnamon Bread Pudding** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>NO SCHOOL</u> <u>STAFF</u> <u>INSERVICE</u>
<u>Entrée (Choose 1)</u> Sweet & Sassy Chicken with Buttered Noodles & Animal Crackers, PB&J or Turkey & Cheese Sandwich	<u>Entrée (Choose 1)</u> Chicken Alfredo w/ whole grain roll, PB&J or Tuna Sandwich	<u>Entrée (Choose 1)</u> Meatball Sub, PB&J or Tuna Sandwich	<u>Entrée (Choose 1)</u> Chicken Patty Sandwich, PB&J or Ham and Cheese Sandwich	
<u>Vegetables (Choose 1 or 2)</u> Carrots Salad	<u>Vegetables (Choose 1 or 2)</u> Peas Salad	<u>Vegetables (Choose 1 or 2)</u> Cauliflower Salad	<u>Vegetables (Choose 1 or 2)</u> Sweet Potato Fries Salad	
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Pineapple	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	
Choice of milk	Choice of milk	Choice of milk	Choice of milk	

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BRÖCK LAKESIDE SCHOOL MENU FEBRUARY 18th-FEBRUARY 23rd 2019 BRÖCK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>NO SCHOOL</u>	Breakfast Choose 1: 1. Whole Grain Bagel** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Choose 1: 1. French Toast Sticks** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Choose 1: 1. PB&J** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
	Entrée (Choose 1) Hot Turkey and Cheese Sandwich, PB&J or Ham & Cheese Sandwich	Entrée (Choose 1) Chicken Parmesan with Whole Grain Pasta, PB&J or Tuna Salad Sandwich	Entrée (Choose 1) Sloppy Joe, PB&J or Turkey and Cheese Sandwich	Entrée (Choose 1) Chicken Tenders w/ Cheez-Its, PB&J or Black Bean Burger
	Vegetables (Choose 1 or 2) Tomato Soup Salad	Vegetables (Choose 1 or 2) Broccoli Salad	Vegetables (Choose 1 or 2) French Fries Salad	Vegetables (Choose 1 or 2) Carrots Salad
	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Peaches	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Tropical Fruit	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Applesauce	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Tropical Fruit
	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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Entrée (Choose 1) Baked Ziti with Roll, PB&J or Turkey and Cheese Sandwich	Entrée (Choose 1) Popcorn Chicken, PB&J or Ham and Cheese Sandwich	Entrée (Choose 1) Meatloaf w/ Animal Crackers & Whole Grain Roll, PB&J or Tuna Salad Sandwich	Entrée (Choose 1) Pizza, PB&J or Chicken Thai Wrap	Entrée (Choose 1) Chicken Patty Sandwich, PB&J or Black Bean Burger
Vegetables (Choose 1 or 2) Broccoli Salad	Vegetables (Choose 1 or 2) French Fries Salad	Vegetables (Choose 1 or 2) Mashed Potatoes Salad	Vegetables (Choose 1 or 2) Green Beans Salad	Vegetables (Choose 1 or 2) Baked Beans Salad
Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	Fruit (Choose 1 or 2) Assorted 100% Fruit Juice, Assorted Fresh Fruit, Peaches	Fruit (Choose 1 or 2) Assorted 100% Fruit Juice, Assorted Fresh Fruit, Tropical Fruit	Fruit (Choose 1 or 2) Assorted 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	Fruit (Choose 1 or 2) Assorted 100% Fruit Juice, Assorted Fresh Fruit, Pineapple
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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<u>Entrée (Choose 1)</u> Crispy Fish with Brown Rice and Rice Krispy Treat, PB&J or Turkey and Cheese Sandwich	<u>Entrée (Choose 1)</u> BBQ Pork Sandwich, PB&J or Turkey and Cheese Sandwich	<u>Entrée (Choose 1),</u> Mac and Cheese with Animal Crackers, PB&J or Tuna Sandwich	<u>Entrée (Choose 1)</u> Turkey Dog, PB&J or Chicken Thai Wrap	<u>Entrée (Choose 1)</u> Chicken Tenders w/ Cheez-Its, PB&J or Black Bean Burger
<u>Vegetables (Choose 1 or 2)</u> Carrots Salad	<u>Vegetables (Choose 1 or 2)</u> Corn Salad	<u>Vegetables (Choose 1 or 2)</u> Broccoli Salad	<u>Vegetables (Choose 1 or 2)</u> Baked Beans Salad	<u>Vegetables (Choose 1 or 2)</u> French Fries Salad
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Peaches	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Pineapple	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

NATIONAL SCHOOL BREAKFAST PROGRAM

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NATIONAL SCHOOL LUNCH PROGRAM

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100% Fruit Juice Includes: 100% Apple Juice **Assorted Fresh Fruits Include:** Banana, Apple, Orange or Pear.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Breakfast</u> Choose 1: 1. Whole Grain Bagel** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. French Toast Sticks ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. Whole Grain Biscuit** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<p><u>NO SCHOOL</u></p>
<u>Entrée (Choose 1)</u> Teriyaki Chicken with Brown Rice & Animal Crackers, PB&J or Ham and Cheese Sandwich	<u>Entrée (Choose 1)</u> Hot Ham & Cheese Sandwich, PB&J or Turkey and Cheese Sandwich	<u>Entrée (Choose 1)</u> Mexican Beef and Mac with Rice Krispy Treat, PB&J or Tuna Salad Sandwich	<u>Entrée (Choose 1)</u> Cheese Burger, PBJ, or Black Bean Burger	
<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Tomato Soup Salad	<u>Vegetables (Choose 1 or 2)</u> Corn Salad	<u>Vegetables (Choose 1 or 2)</u> French Fries Salad	
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Pineapple	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	
Choice of milk	Choice of milk	Choice of milk	Choice of milk	

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<u>Entrée (Choose 1)</u> Hot Turkey & Cheese Sandwich, PB&J or Ham and Cheese Sandwich	<u>Entrée (Choose 1)</u> Chicken Parmesan with Whole Grain Pasta, PB&J or Egg Salad Sandwich	<u>Entrée (Choose 1)</u> Sloppy Joe, PB&J or Tuna Sandwich	<u>Entrée (Choose 1)</u> Walking Taco with Brown Rice & SunChips, PB&J or Black Bean Burger	<u>Entrée (Choose 1)</u> Chicken Tenders with CheezIts, PB&J or Turkey & Cheese Sandwich
<u>Vegetables (Choose 1 or 2)</u> Tomato Soup Salad	<u>Vegetables (Choose 1 or 2)</u> Zucchini Salad	<u>Vegetables (Choose 1 or 2)</u> French Fries Salad	<u>Vegetables (Choose 1 or 2)</u> Corn Salad	<u>Vegetables (Choose 1 or 2)</u> Carrots Salad
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Peaches	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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<u>Entrée (Choose 1)</u> Baked Ziti with Whole Grain Roll, PB&J or Turkey and Cheese Sandwich	<u>Entrée (Choose 1)</u> Popcorn Chicken with CheezIts, PB&J or Ham and Cheese Sandwich	<u>Entrée (Choose 1)</u> Meatloaf with Whole Grain Dinner Roll & Animal Crackers, PB&J or Tuna Sandwich Sandwich	<u>Entrée (Choose 1)</u> Pizza, PB&J or Ham and Cheese Sandwich	<u>Early Dismissal</u>
<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Sweet Potato Fries Salad	<u>Vegetables (Choose 1 or 2)</u> Mashed Potatoes Salad	<u>Vegetables (Choose 1 or 2)</u> French Fries Salad	
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	
Choice of milk	Choice of milk	Choice of milk	Choice of milk	

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<u>NO SCHOOL</u> <u>STAFF</u> <u>INSERVICE</u>	<u>Breakfast</u> Choose 1: 1. Whole Grain Bagel ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. French Toast Sticks** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
	<u>Entrée (Choose 1)</u> Crispy Fish with Brown Rice & Rice Krispy Treat, PBJ, or Ham & Cheese Sandwich	<u>Entrée (Choose 1)</u> BBQ Pork Sandwich, PB&J or Turkey & Cheese Sandwich	<u>Entrée (Choose 1)</u> Mac and Cheese with CheezIts, PB&J or Tuna Salad Sandwich	<u>Entrée (Choose 1)</u> Chicken Tenders with Animal Crackers, PB&J or Ham & Cheese Sandwich
	<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Corn Salad	<u>Vegetables (Choose 1 or 2)</u> Peas Salad	<u>Vegetables (Choose 1 or 2)</u> Carrots Salad
	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Pineapple	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges
	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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<u>Entrée (Choose 1)</u> Cheeseburger, PB&J or Black Bean Burger	<u>Entrée (Choose 1)</u> Chicken Teriyaki with Brown Rice & Animal Crackers, PB&J or Ham & Cheese Sandwich	<u>Entrée (Choose 1)</u> Hot Ham & Cheese Sandwich, PB&J or Tuna Salad Sandwich	<u>Entrée (Choose 1)</u> Mexican Beef & Macaroni with Rice Krispy Treat, PB&J or Turkey and Cheese Sandwich,	<u>Entrée (Choose 1)</u> Popcorn Chicken with CheezIts, PBJ or Turkey and Cheese Sandwich,
<u>Vegetables (Choose 1 or 2)</u> French Fries Salad	<u>Vegetables (Choose 1 or 2)</u> Carrots Salad	<u>Vegetables (Choose 1 or 2)</u> Tomato Soup Salad	<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Sweet Potato Fries Salad
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Pineapple	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Apple Sauce
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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<u>NO SCHOOL</u> <u>SPRING</u> <u>BREAK</u>	<u>NO SCHOOL</u> <u>SPRING</u> <u>BREAK</u>	<u>NO SCHOOL</u> <u>SPRING</u> <u>BREAK</u>	<u>NO SCHOOL</u> <u>SPRING</u> <u>BREAK</u>	<u>NO SCHOOL</u> <u>SPRING</u> <u>BREAK</u>

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<u>Entrée (Choose 1)</u> Sweet and Sassy Chicken with Buttered Noodles & Animal Crackers, PB&J, or Ham & Cheese Sandwich	<u>Entrée (Choose 1)</u> Meatball Sub, PB&J, or Turkey & Cheese Sandwich	<u>Entrée (Choose 1)</u> Chicken Alfredo with Whole Grain Dinner Roll or PB&J or Tuna Sandwich	<u>Entrée (Choose 1)</u> Chicken Patty Sandwich, PB&J or Black Bean Burger	<u>Entrée (Choose 1)</u> Pizza, PB&J or Chicken Thai Wrap
<u>Vegetables (Choose 1 or 2)</u> Carrots Salad	<u>Vegetables (Choose 1 or 2)</u> Cauliflower Salad	<u>Vegetables (Choose 1 or 2)</u> Broccoli Salad	<u>Vegetables (Choose 1 or 2)</u> Baked Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Sweet Potato Fries Salad
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Apple Sauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Fruit Cocktail	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Peaches
Choice of milk	Choice of milk			

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<u>Entrée (Choose 1)</u> Hot Turkey & Cheese Sandwich, PB&J or Ham & Cheese Sandwich	<u>Entrée (Choose 1)</u> Chicken Parmesan with Whole Grain Pasta, PB&J or Turkey & Cheese Sandwich	<u>Early Dismissal</u>	<u>Early Dismissal</u>	
<u>Vegetables (Choose 1 or 2)</u> Tomato Soup Salad	<u>Vegetables (Choose 1 or 2)</u> Broccoli Salad			
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Peaches	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Tropical Fruit			
Choice of milk	Choice of milk			

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Entrée (Choose 1) Baked Ziti with dinner roll, PB&J or Turkey & Cheese Sandwich	Entrée (Choose 1) Chicken Patty Sandwich, PB&J or Black Bean Burger	Entrée (Choose 1) Meatloaf with Whole Grain Dinner Roll & Animal Crackers, PB&J or Tuna Sandwich	Entrée (Choose 1) Popcorn Chicken with CheezIts, PB&J or Chicken Thai Wrap	Entrée (Choose 1) Pizza, PB&J or Ham & Cheese Sandwich
Vegetables (Choose 1 or 2) Broccoli Salad	Vegetables (Choose 1 or 2) Baked Beans Salad	Vegetables (Choose 1 or 2) Mashed Potatoes Salad	Vegetables (Choose 1 or 2) Carrots Salad	Vegetables (Choose 1 or 2) French Fries Salad
Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Applesauce	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Tropical Fruit	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Peaches	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	Fruit (Choose 1 or 2) 100% Fruit Juice, Fresh Fruit, Pineapple
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Breakfast</u> Choose 1: 1. Whole Grain Bagel** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. French Toast Sticks** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. Cinnamon Bread Pudding ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
<u>Entrée (Choose 1)</u> Crispy Fish w/ Brown Rice & Rice Krispy Treat, PB&J or Turkey & Cheese Sandwich	<u>Entrée (Choose 1)</u> BBQ Pork Sandwich, PB&J or Turkey and Cheese Sandwich	<u>Entrée (Choose 1)</u> Macaroni & Cheese with Animal Crackers, PB&J or Tuna Salad Sandwich	<u>Entrée (Choose 1)</u> Turkey Hot Dog, PB&J or Black Bean Burger	<u>Entrée (Choose 1)</u> Chicken Tenders with CheezIts, PB&J or Black Bean Burger
<u>Vegetables (Choose 1 or 2)</u> Carrots Salad	<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Peas Salad	<u>Vegetables (Choose 1 or 2)</u> Baked Beans Salad	<u>Vegetables (Choose 1 or 2)</u> French Fries Salad
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Peaches	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

NATIONAL SCHOOL BREAKFAST PROGRAM

For breakfast, students must choose at least 3 of the 4 items offered to count as a reimbursable meal. Additionally, one of the items must be a fruit item to count as a reimbursable meal. Double-star indicates breakfast component counts as 2 items. ** All grains offered are whole grains.

NATIONAL SCHOOL LUNCH PROGRAM

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100% Fruit Juice Includes: 100% Apple Juice **Assorted Fresh Fruits Include:** Banana, Apple, Orange or Pear.
Assorted Milks Include: Skim Milk, 1% Milk, Non-Fat Chocolate Milk, Non-Fat Strawberry Milk

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Breakfast Choose 1: 1. Whole Grain Bagel ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Choose 1: 1. French Toast Sticks ** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Choose 1: 1. Whole Grain Biscuit** 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Choose 1: 1. PBJ 2. Assorted Cereals and Yogurt Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
Entrée (Choose 1) Teriyaki Chicken w/ Brown Rice and Animal Crackers, PB&J or Ham and Cheese Sandwich	Entrée (Choose 1) Hot Ham & Cheese Sandwich, PB&J, or Turkey & Cheese Sandwich	Entrée (Choose 1), Mexican Beef & Macaroni with Rice Krispy Treat, PB&J or Tuna Sandwich	Entrée (Choose 1) Cheeseburger, PB&J or Black Bean Burger	<u>Early Dismissal</u>
Vegetables (Choose 1 or 2) Carrots Salad	Vegetables (Choose 1 or 2) Tomato Soup Salad	Vegetables (Choose 1 or 2) Green Beans Salad	Vegetables (Choose 1 or 2) French Fries Salad	
Fruit (Choose 1 or 2) Assorted 100% Fruit Juice, Assorted Fresh Fruit, Pineapple	Fruit (Choose 1 or 2) Assorted 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	Fruit (Choose 1 or 2) Assorted 100% Fruit Juice, Assorted Fresh Fruit, Tropical Fruit	Fruit (Choose 1 or 2) Assorted 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	
Choice of milk	Choice of milk	Choice of milk	Choice of milk	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><u>NO SCHOOL</u> <u>Memorial Day</u></p>	<p><u>Breakfast</u> Choose 1: 1. Whole Grain Bagel** 2. Assorted Cereals and Yogurt</p> <p>Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>	<p><u>Breakfast</u> Choose 1: 1. French Toast Sticks** 2. Assorted Cereals and Yogurt</p> <p>Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>	<p><u>Breakfast</u> Choose 1: 1. Whole Grain Biscuit** 2. Assorted Cereals and Yogurt</p> <p>Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>	<p><u>Breakfast</u> Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt</p> <p>Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>	
	<p><u>Entrée (Choose 1)</u> Sweet & Sassy Chicken with Buttered Noodles & Animal Crackers, PB&J or Ham & Cheese Sandwich</p>	<p><u>Entrée (Choose 1)</u> Meatball Sub, PB&J or Turkey and Cheese Sandwich</p>	<p><u>Entrée (Choose 1)</u> Pizza, PB&J or Tuna Sandwich</p>	<p><u>EARLY</u> <u>DISMISSAL</u></p>	
	<p><u>Vegetables (Choose 1 or 2)</u> Green Beans Salad</p>	<p><u>Vegetables (Choose 1 or 2)</u> Cauliflower Salad</p>	<p><u>Vegetables (Choose 1 or 2)</u> Sweet Potato Fries Salad</p>		
	<p><u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Tropical Fruit</p>	<p><u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce</p>	<p><u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Applesauce</p>		
	<p>Choice of milk</p>	<p>Choice of milk</p>	<p>Choice of milk</p>		

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<u>Entrée (Choose 1)</u> Hot Turkey & Cheese Sandwich, PB&J or Ham & Cheese Sandwich	<u>Entrée (Choose 1)</u> Chicken Parmesan with Whole Grain Pasta, PB&J, or Turkey & Cheese sandwich	<u>Entrée (Choose 1)</u> Sloppy Joe, PB&J, or Tuna Sandwich	<u>Entrée (Choose 1)</u> Walking Taco with Brown Rice & SunChips, PBJ or Black Bean Burger	<u>Entrée (Choose 1)</u> Chicken Tenders with CheezIts, PB&J or Chicken Thai Wrap
<u>Vegetables (Choose 1 or 2)</u> Tomato Soup Salad	<u>Vegetables (Choose 1 or 2)</u> Broccoli Salad	<u>Vegetables (Choose 1 or 2)</u> French Fries Salad	<u>Vegetables (Choose 1 or 2)</u> Corn Salsa Salad	<u>Vegetables (Choose 1 or 2)</u> Carrots Salad
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Tropical Fruit	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Peaches	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Apple Sauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Fresh Fruit, Apple Sauce
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<u>EARLY DISMISSAL</u>	<u>GRADUATION</u>	<u>EARLY DISMISSAL</u>	<u>EARLY DISMISSAL</u>	<u>HAVE A SAFE AND HAPPY SUMMER</u>
			<u>LAST DAY OF SCHOOL</u>	

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