

LAKESIDE SCHOOL MENU AUGUST 27st – August 31st 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Breakfast</u> Entrée Choose 1: 1. Bagel with toppings** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. Muffins** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Entrée Choose 1: 1. Bagels with toppings *** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Entrée Choose 1: 1. Muffins** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Entrée Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
<u>EARLY DISMISSAL</u>	<u>EARLY DISMISSAL</u>	<u>Entrée (Choose 1)</u> Hamburger or Cheeseburger, PB&J or Veggie Burger	<u>Entrée (Choose 1)</u> PB&J, Baked Ziti w/ Roll Or Turkey & Cheese Sandwich	<u>Entrée (Choose 1)</u> PB&J, Turkey & Cheese Sandwich or Chicken Thai Wrap
		<u>Vegetables (Choose 1 or 2)</u> French Fries Salad	<u>Vegetables (Choose 1 or 2)</u> Broccoli Salad	<u>Vegetables (Choose 1 or 2)</u> Carrots Salad
		<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Fruit Fruit Cocktail
		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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>SCHOOL CLOSED</u></p> <p><u>HOLIDAY</u></p>	<p><u>Breakfast</u> Entrée Choose 1: 1. Bagel with toppings** 2. Assorted Cereals and Yogurt</p> <p>Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>	<p><u>Breakfast</u> Entrée Choose 1: 1. French Toast Sticks*** 2. Assorted Cereals and Yogurt</p> <p>Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>	<p><u>Breakfast</u> Entrée Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt</p> <p>Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>	<p><u>Breakfast</u> Entrée Choose 1: 1. Muffins*** 2. Assorted Cereals and Yogurt</p> <p>Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>
	<p><u>Entrée (Choose 1)</u> Pizza, PB&J or Tuna Sandwich</p>	<p><u>Entrée (Choose 1)</u> Cheeseburger, PBJ or Veggie Burger</p>	<p><u>Entrée (Choose 1)</u> Chicken Tenders, PB&J, Turkey & Cheese Sandwich</p>	<p><u>Entrée (Choose 1)</u> Sloppy Joe, PBJ or Chicken Thai Wrap</p>
	<p><u>Vegetables (Choose 1 or 2)</u> Carrots Salad</p>	<p><u>Vegetables (Choose 1 or 2)</u> French Frys Salad</p>	<p><u>Vegetables (Choose 1 or 2)</u> Green Beans Salad</p>	<p><u>Vegetables (Choose 1 or 2)</u> Baked Beans Salad</p>
	<p><u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges</p>	<p><u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail</p>	<p><u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Applesauce</p>	<p><u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Peaches</p>
	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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Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt	Breakfast Entrée Choose 1: 1. Bagel with toppings** 2. Assorted Cereals and Yogurt	Breakfast Entrée Choose 1: 1. French Toast Stick** 2. Assorted Cereals and Yogurt	Breakfast Entrée Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt	Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt
Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits	Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits	Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits	Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits	Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
<u>EARLY DISMISSAL</u>	<u>Entrée (Choose 1)</u> Hot Turkey and Cheese Sandwich, PB&J, or Black Bean Burger	<u>Entrée (Choose 1)</u> Sweet & Sassy Chicken w/ Buttered Noodles & Cheezits, PB&J or Tuna Sandwich	<u>Entrée (Choose 1)</u> Baked Ziti with Roll, PB&J, or Turkey and Cheese Sandwich	<u>Entrée (Choose 1)</u> Chicken Fajita with Brown Rice & Sun Chips, PB&J, or Turkey and Cheese
	<u>Vegetables (Choose 1 or 2)</u> Peas Salad	<u>Vegetables (Choose 1 or 2)</u> Carrots Salad	<u>Vegetables (Choose 1 or 2)</u> Broccoli Salad	<u>Vegetables (Choose 1 or 2)</u> Corn Salsa Salad
	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Peaches
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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Entrée (Choose 1) Turkey Dog, PB&J, or Chicken Thai Wrap	Entrée (Choose 1) Chicken Alfredo w/Cheez-its, PB&J, Egg Salad Sandwich		Entrée (Choose 1) Pizza, PB&J or Ham and Cheese Sandwich	<u>Entrée (Choose 1)</u> Chicken Patty Sandwich, PB&J, or Turkey and Cheese Sandwich
<u>Vegetables (Choose 1 or 2)</u> Baked Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Broccoli Salad		<u>Vegetables (Choose 1 or 2)</u> Sweet Potato Fries Salad	<u>Vegetables (Choose 1 or 2)</u> Roasted Carrots Salad
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Peaches	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Fresh Mixed Fruit		<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Pineapple	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Applesauce
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt	Breakfast Entrée Choose 1: 1. Bagel** 2. Assorted Cereals and Yogurt	Breakfast Entrée Choose 1: 1. French Toast Sticks** 2. Assorted Cereals and Yogurt	Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt	Breakfast Entrée Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt
Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits	Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits	Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits	Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits	Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
Entrée (Choose 1) Hot Turkey & Cheese Sandwich, PB&J, or Black Bean_Burger	Entrée (Choose 1) Mac and Cheese w/Animal Crackers, PB&J, or Ham & Cheese Sandwich	Entrée (Choose 1) Hamburger or Cheeseburger, PB&J or Veggie Burger	Entrée (Choose 1) Teriyaki Chicken w/Brown Rice and Animal Crackers, PB&J, or Tuna Sandwich	Entrée (Choose 1) Sloppy Joe, PB&J, or Turkey & Cheese Sandwich
Vegetables (Choose 1 or 2) Tomato Soup Salad	Vegetables (Choose 1 or 2) Roasted Carrots Salad	Vegetables (Choose 1 or 2) French Fries Salad	Vegetables (Choose 1 or 2) Green Beans Salad	Vegetables (Choose 1 or 2) Carrots Salad
Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Peaches	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	Fruit (Choose 1 or 2) 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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<p>Breakfast Entrée Choose 1: 1. Bagel with toppings** 2. Assorted Cereals and Yogurt</p> <p>Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>	<p>Breakfast Entrée Choose 1: 1. French Toast Sticks** 2. Assorted Cereals and Yogurt</p> <p>Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>	<p>Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt</p> <p>Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>	<p>Breakfast Entrée Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt</p> <p>Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>	<p>Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt</p> <p>Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits</p> <p>Choice of Milk</p>
<p>Entrée (Choose 1) Hamburger or Cheeseburger, PB&J or Black Bean Burger</p>	<p>Entrée (Choose 1) Sweet & Sassy Chicken w/ Noodles & Cheezits, PB&J or Ham & Cheese Sandwich</p>	<p>Entrée (Choose 1) Crispy Fish with Rice and Rice Krispy Treat, PB&J, Turkey and Cheese Sandwich</p>	<p>Entrée (Choose 1) Walking Taco with Brown Rice, PB&J, or Tuna Sandwich</p>	<p>Entrée (Choose 1) BBQ Pulled Pork Sandwich, PB&J, or Turkey & Cheese Sandwich</p>
<p>Vegetables (Choose 1 or 2) French Fries Salad</p>	<p>Vegetables (Choose 1 or 2) Green Beans Salad</p>	<p>Vegetables (Choose 1 or 2) Carrots Salad</p>	<p>Vegetables (Choose 1 or 2) Corn, Salsa Salad</p>	<p>Vegetables (Choose 1 or 2) Baked Beans Salad</p>
<p>Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Tropical Fruit</p>	<p>Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Applesauce</p>	<p>Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail</p>	<p>Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges</p>	<p>Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Peaches</p>
<p>Choice of milk</p>	<p>Choice of milk</p>	<p>Choice of milk</p>	<p>Choice of milk</p>	<p>Choice of milk</p>

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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.

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Breakfast Entrée Choose 1: 1. PB&J** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. French Toast Sticks** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
Entrée (Choose 1) Hamburger or Cheeseburger, PB&J or Black Bean Burger	Entrée (Choose 1) Teriyaki Chicken w/Brown Rice & Animal Crackers, PB&J, or Turkey & Cheese Sandwich	Entrée (Choose 1) Mexican Beef & Mac, PB&J or Tuna Sandwich	Entrée (Choose 1) Spicy Popcorn Chicken, PB&J, or Ham & Cheese Sandwich	Early Dismissal
Vegetables (Choose 1 or 2) French Fries Salad	Vegetables (Choose 1 or 2) Green Beans Salad	Vegetables (Choose 1 or 2) Carrots Salad	Vegetables (Choose 1 or 2) Sweet Potato Fries Salad	
Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Tropical Fruit	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	
Choice of milk	Choice of milk	Choice of milk	Choice of milk	

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BROCK LAKESIDE SCHOOL MENU OCTOBER 15th- OCTOBER 19th 2018 BROCK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Entrée Choose 1: 1. Bagel with toppings ** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. French Toast Sticks** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. Muffin 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. PB&J** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
Entrée (Choose 1) Sweet & Sassy Chicken w/ Noodles & Cheezits, PB&J or Ham & Cheese Sandwich	Entrée (Choose 1) Meatball Sub, PB&J, or Turkey and Cheese Sandwich	Entrée (Choose 1) Chicken Alfredo, PB&J, or Tuna Sandwich	Entrée (Choose 1) Pizza, PB&J, or Thai Chicken Wrap	Entrée (Choose 1) Chicken Patty, PB&J, or Turkey & Cheese Sandwich
Vegetables (Choose 1 or 2) Carrots Salad	Vegetables (Choose 1 or 2) Roasted Cauliflower Salad	Vegetables (Choose 1 or 2) Peas Salad	Vegetables (Choose 1 or 2) Broccoli Salad	Vegetables (Choose 1 or 2) French Fries Salad
Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Tropical Fruit	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Peaches
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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BROCK LAKESIDE SCHOOL MENU OCTOBER 22nd - OCTOBER 26th 2018 BROCK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Entrée Choose 1: 1. Bagel with toppings** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. French Toast Sticks** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. PB&J** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
Entrée (Choose 1) Hot Turkey & Cheese Sandwich, PB&J, or Ham & Cheese Sandwich	Entrée (Choose 1) Chicken Parmesan w/ Pasta, PB&J, or Turkey & Cheese Sandwich	Entrée (Choose 1) Sloppy Joe, PB&J, or Tuna Sandwich	Entrée (Choose 1) Walking Taco w/ Brown Rice & Sunchips, PB&J, or Black Bean Burger	Entrée (Choose 1) Chicken Tenders, PB&J, or Turkey & Cheese Sandwich
Vegetables (Choose 1 or 2) Tomato Soup Salad	Vegetables (Choose 1 or 2) Zucchini Salad	Vegetables (Choose 1 or 2) French Fries Salad	Vegetables (Choose 1 or 2) Corn, Salsa Salad	Vegetables (Choose 1 or 2) Baked Beans Salad
Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Tropical Fruit	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Peaches
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 OCTOBER 29th- NOVEMBER 1st 2018 BROCK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Entrée Choose 1: 1. Bagel** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. French Toast** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. Cinnamon Bread Pudding** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	Breakfast Entrée Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
Entrée (Choose 1) Pizza, PB&J, Black Bean Burger	Entrée (Choose 1) Meatloaf w/ whole grain roll & Animal Crackers, PB&J, or Turkey & Cheese Sandwich	Entrée (Choose 1) Popcorn Chicken w/ Cheezits, PB&J, or Tuna Sandwich	Entrée (Choose 1) Baked Ziti w/ Whole Grain Roll, PB&J, or Thai Chicken Wrap	Entrée (Choose 1) Chicken Patty, PB&J, or Turkey and Cheese Sandwich
Vegetables (Choose 1 or 2) Carrots Salad	Vegetables (Choose 1 or 2) Mashed Potatoes Salad	Vegetables (Choose 1 or 2) French Fries 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, Assorted Fresh Fruit, Tropical Fruit	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Peaches
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

NATIONAL SCHOOL BREAKFAST PROGRAM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>STAFF INSERVICE</u>	<u>STAFF INSERVICE</u>	<u>Breakfast</u> Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Entrée Choose 1: 1. Whole Grain Biscuit** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk	<u>Breakfast</u> Entrée Choose 1: 1. PB&J** 2. Assorted Cereals and Yogurt Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits Choice of Milk
		<u>Entrée (Choose 1)</u> Turkey Hot Dog, PB&J or Tuna Sandwich	<u>Entrée (Choose 1)</u> Macaroni & Cheese with Rice Krispie Treat PB&J, or Ham and Cheese Sandwich	<u>Entrée (Choose 1)</u> Chicken Tenders with CheezIts, PB&J, or Turkey and Cheese Sandwich
		<u>Vegetables (Choose 1 or 2)</u> Baked Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> French Fries Salad
		<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Peaches
		Choice of milk	Choice of milk	Choice of milk

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<u>Entrée (Choose 1)</u> Hamburger or Cheeseburger, PB&J or Black Bean Burger	<u>Entrée (Choose 1)</u> Teriyaki Chicken w/Brown Rice & Animal Crackers, PB&J, or Turkey & Cheese Sandwich	<u>Entrée (Choose 1)</u> Crispy Fish with Noodles and CheezeIts, PB&J or Turkey & Cheese Sandwich	<u>Entrée (Choose 1)</u> Turkey & Gravy w/ Mashed Potatoes & Dinner roll, PB&J, or Ham Sandwich	<u>Entrée (Choose 1)</u> Spicy Popcorn Chicken, PB&J, or Tuna 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> Peas Salad	<u>Vegetables (Choose 1 or 2)</u> Corn Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Sweet Potato Fries Salad
<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, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Peaches
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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<u>EARLY DISMISSAL</u>	<u>EARLY DISMISSAL</u>			

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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 w/ Pasta, PB&J, or Turkey & Cheese Sandwich	<u>Entrée (Choose 1)</u> Meatball Sandwich, PB&J, or Black Bean Burger	<u>Entrée (Choose 1)</u> Sweet & Sassy Chicken w/ Brown Rice & Animal Crackers, PBJ or Tuna Sandwich	<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> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Carrots Salad
<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, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Peaches
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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<u>Entrée (Choose 1)</u> BBQ Pork Sandwich, PB&J, Turkey & Cheese Sandwich	<u>Entrée (Choose 1)</u> Meatloaf w/ whole grain roll & Animal Crackers, PB&J, or Ham & Cheese Sandwich	<u>Entrée (Choose 1)</u> Spicy Popcorn Chicken w/ Cheezits, PB&J, or Tuna Sandwich	<u>Entrée (Choose 1)</u> Baked Ziti w/ Whole Grain Roll, PB&J, or Thai Chicken Wrap	<u>Entrée (Choose 1)</u> Chicken Patty, PB&J, or Turkey and Cheese Sandwich
<u>Vegetables (Choose 1 or 2)</u> Corn Salad	<u>Vegetables (Choose 1 or 2)</u> Mashed Potatoes Salad	<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> Baked Beans Salad
<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, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Peaches
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 Rice and Rice Krispy Treat, PB&J, Turkey and Cheese Sandwich	<u>Entrée (Choose 1)</u> Turkey Dog, PB&J, or Ham and Cheese Sandwich	<u>Entrée (Choose 1)</u> Mac and Cheese with Animal Crackers, 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, PB&J, or Turkey and Cheese Sandwich
<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Baked Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Broccoli Salad	<u>Vegetables (Choose 1 or 2)</u> Salsa Corn Salad	<u>Vegetables (Choose 1 or 2)</u> French Fries Salad
<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, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Peaches
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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<u>Entrée (Choose 1)</u> Hamburger or Cheeseburger, PB&J or Black Bean Burger	<u>Entrée (Choose 1)</u> Teriyaki Chicken w/Brown Rice & Animal Crackers, PB&J, or Turkey & Cheese Sandwich	<u>Entrée (Choose 1)</u> Mexican Beef & Mac, PB&J or Tuna Sandwich	<u>Entrée (Choose 1)</u> Spicy Popcorn Chicken, PB&J, or Turkey & Cheese Sandwich	<u>EARLY DISMISSAL</u>
<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> Carrots Salad	<u>Vegetables (Choose 1 or 2)</u> French Fries Salad	
<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, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	
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