


Last updated: 11/04/22at 12:45 pm B= L= S=  
**Menus are not final. Menu items may change due to national supply chain issues including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.**


	MONDAY RED/ORANGE	TUESDAY LEGUMES	WEDNESDAY DARK GREEN	THURSDAY STARCHY	FRIDAY OTHER
	2	3	4	5	6
BREAK	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
	9	10	11	12	13
BREAKFAST		125 Cinnamon Toast Crunch & WG Crackers	125 Strawberry Muffin	125 Maple Waffle	125 Bagel & Cream Cheese
HOT MEAL		200 Chicken Quesadilla w/spanish rice (1/2c) & pinto beans (3/4c)		200 Buffalo Wings w/dinner roll & tater tots (3/4c)	
HOT VEGETARIAN	NO SCHOOL		200 Spaghetti & Cheese Marinara w/broccoli (3/4c)		
COLD MEAL					150 Italian Turkey, Ham & Cheese Hoagie Sandwich w/ carrot sticks (3/4c)
SALAD		30 Santa Fe Chicken Salad with a Wheat Dinner Roll	30 Caesar Chicken Salad with a Wheat Dinner Roll	30 Chef Turkey & Ham Salad with a Wheat Dinner Roll	
	16	17	18	19	20
BREAKFAST	Happy Dr. Martin Luther King Jr. Day 	125 Coco Puffs & WG Crackers	125 Coffee Cinnamon Crumble	125 Cinnamon French Toast	125 String Cheese & Strawberry NutriGrain Bar
HOT MEAL			200 Teriyaki Chicken Chow Mein Bowl w/broccoli (3/4c)	200 Chicken Fajitas (3/4c) w/spanish rice (3/4c) & whole kernel corn (3/4c)	
HOT VEGETARIAN		250 Red Cheese Enchiladas w/pinto beans (3/4c)			
COLD MEAL					150 Ham and Cheese Hoagie Sandwich w/carrot sticks (3/4c)
SALAD		30 Santa Fe Chicken Salad with a Wheat Dinner Roll	30 Caesar Chicken Salad with a Wheat Dinner Roll	30 Chef Turkey & Ham Salad with a Wheat Dinner Roll	
	23	24	25	26	27
BREAKFAST	125 Strawberry Muffin	125 Sausage English Muffin	125 Blueberry Muffin	125 Pancakes (2)	125 Coffee Cinnamon Crumble
HOT MEAL	200 Creamy Chicken Chipotle Pasta w/steamed carrots (3/4c)	200 Turkey Hot Dog on a Bun w/bbq baked beans (3/4c)	200 BBQ Chicken on a HB Bun w/broccoli (3/4c)		
HOT VEGETARIAN				250 Alfredo Cheese Pasta w/whole kernel corn (3/4c)	
COLD MEAL					150 Italian Turkey, Ham & Cheese Hoagie Sandwich w/ carrot sticks (3/4c)
SALAD	30 Italian Antipasto Salad with a Wheat Dinner Roll	30 Santa Fe Chicken Salad with a Wheat Dinner Roll	30 Caesar Chicken Salad with a Wheat Dinner Roll	30 Chef Turkey & Ham Salad with a Wheat Dinner Roll	
	30	31	1	2	3
BREAKFAST	125 Mexican Concha	125 Lucky Charms & WG Crackers	125 Blueberry Muffin	125 Multi Grain Cheerios & WG Crackers	125 Bagel & Cream Cheese
HOT MEAL	200 Breaded Chicken Patty on a HB Bun w/carrot sticks (3/4c)	200 Chicken Quesadilla w/spanish rice (1/2c) & pinto beans (3/4c)	200 Hawaiian Chicken w/brown rice (3/4c) & broccoli (3/4c)	200 Turkey Hot Dog on a Bun w/whole kernel corn (3/4c)	
COLD MEAL					150 Ham and Cheese Hoagie Sandwich w/carrot sticks (3/4c)
SALAD	30 Italian Antipasto Salad with a Wheat Dinner Roll	30 Santa Fe Chicken Salad with a Wheat Dinner Roll	30 Caesar Chicken Salad with a Wheat Dinner Roll	30 Chef Turkey & Ham Salad with a Wheat Dinner Roll	

This institution is an equal opportunity provider. Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1/2 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1% / Non-fat / Non-fat Choc)


School Notes:	
•	1/02-1/09 NO SCHOOL
•	1/16/2023 NO SCHOOL
•	
•	
•	
•	
•	
•	
•	



Welcome  
Back!



Choose MyPlate.gov



**FreshStart**  
HEALTHY MEALS  
*eat right, be bright!*