



milk served with all meals

1 Smoked Turkey and Cheese
or Tuna Salad Sandwich
Lettuce / Tomato
Pickles / Roasted Potatoes
Fruit
BREAKFAST
Biscuit, Sausage and Fruit

4 Orange Chicken
Egg Roll / Rice
Steamed Carrots
Fruit / Cookie

BREAKFAST
Muffins, Cheese Sticks and Fruit

5 Loaded Baked Potatoes
Chili or Ham
Cheese / Onions
Steamed Broccoli
Fruit / Elf Grahams (Elem)
Strawberry Chia Bars (HS)
BREAKFAST
Pig-n-Blanket and Fruit

6 Taco Soup
Cheese / Tostado Chips
Green Salad
Tomatoes
Fruit / Cornbread
BREAKFAST
Oatmeal, Toast and Fruit

7 Italian Spaghetti
Green Salad
Tomatoes
Green Beans
Fruit / Wheat Roll
BREAKFAST
Pancakes, Yogurt and Fruit

8 Hamburger / Cheeseburger
Roasted Potatoes
Lettuce / Tomato
Onions / Pickles
Fruit
BREAKFAST
Biscuit, Sausage and Fruit



18 Mini Corndogs
Green Salad
Tomatoes
Corn / Fruit
Cookie
BREAKFAST
Muffins, Cheese Sticks and Fruit

19 Lasagna
Green Salad
Tomatoes
Green Beans
Fruit / Wheat Roll
BREAKFAST
French Toast, Yogurt and Fruit

20 Chicken Fillets
Mashed Potatoes
Gravy
Black-Eye-Peas
Steamed Broccoli
Fruit
BREAKFAST
Scrambled Eggs, Toast and Fruit

21 Chalupas
Taco Meat / Cheese
Lettuce / Tomato
Refried Beans
Spanish Rice / Fruit
BREAKFAST
Pancakes, Yogurt and Fruit

22 Hot Ham and Cheese
or Hawaiian Panini
Green Salad
Tomatoes
Carrot Sticks
Fruit / Chips
BREAKFAST
Biscuit, Sausage and Fruit

25 Pizza
Green Salad
Tomatoes
Corn
Fruit / Cookie
BREAKFAST
Muffins, Cheese Sticks and Fruit

26 Tacos
Lettuce / Tomato
Pinto Beans
Spanish Rice
Fruit
BREAKFAST
Pig-n-Blanket and Fruit

27 Italian Spaghetti
Green Salad
Tomatoes
Green Beans
Fruit / Wheat Roll
BREAKFAST
Oatmeal, Toast and Fruit

28 Hamburger / Cheeseburger
Roasted Potatoes
Lettuce / Tomato
Onions / Pickles
Fruit
BREAKFAST
Pancakes, Yogurt and Fruit

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PROFESSIONAL DEVELOPMENT

