

Grades K-12 Cafeteria Breakfast and Lunch Menu - December 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Notes about the menu: * Bolded breakfast items are served in classroom feeding and grab and go sites * A variety of cold breakfast items offered daily * All cereals are reduced sugar * All grain products are whole grain or whole wheat * A variety of condiments are offered daily * All menu items that contain peanuts or tree nuts as an ingredient are clearly named * A variety of fresh produce offered daily * In addition to daily vegetable, baby carrots offered M/W/F and sliced cucumbers T/Th * V stands for vegetarian	Whole Grain Pancakes 1 Or Fruited Yogurt w/ Grahams Fresh Fruit Baked Chicken Tenders Or Garden Salad Topped with Tuna Salad Or Toasted Cheese Sandwich ^V Roasted Carrots Fresh Fruit	Breakfast Sandwich w/ Egg & Cheese on a Biscuit ² Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Pasta w/ Meat Sauce and a Roll Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Garden Salad Fresh Fruit	Whole Grain Waffles 3 Or Assorted Whole Grain Bagel w/ Cream Cheese Fresh Fruit Tangerine Chicken over Brown Rice Or Chicken Caesar Salad Or Toasted Cheese Sandwich ^V Broccoli Florets Fresh Fruit	Whole Grain French Toast Sticks 4 Or Assorted Whole Grain Cereal w/ a Cheese Stick Fresh Fruit Vegetable Pizza or Cheese Pizza ^V Or Toasted Cheese Sandwich ^V Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Chickpea Salad Fresh Fruit
Lunch					
Breakfast	Whole Grain Pancakes 7 Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Black Bean Burrito Bowl ^V Or Cheeseburger Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Celery Sticks Fresh Fruit	Turkey Sausage and Cheese Breakfast Square 8 Or Whole Grain Bagel w/ Cream Cheese Fresh Fruit Lemon Oregano Chicken and a Roll Or Garden Salad Topped with Buffalo Chicken Or Toasted Cheese Sandwich ^V Roasted Sweet Potatoes Fresh Fruit	Egg & Cheese Omelet w/ Toast 9 Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Spanish Rice with Fajita Chicken Or Spicy Chicken Wrap Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Broccoli Florets Fresh Fruit	Whole Grain Waffles 10 Or Fruited Yogurt w/ Grahams Fresh Fruit Crispy Baked Fish Filet Or Chicken Caesar Salad Or Toasted Cheese Sandwich ^V Baked Beans Fresh Fruit	Breakfast Sandwich w/ Egg and Cheese on a Biscuit 11 Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Hawaiian Pizza or Cheese Pizza ^V Or Chicken Salad on Whole Grain Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sweet Corn Fresh Fruit
Lunch					
Breakfast	Turkey Sausage and Cheese Breakfast Square 14 Or Whole Grain Bagels w/ Cream Cheese Fresh Fruit Grilled Cheese & Tomato Soup ^V Or Meatball Sub Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Celery Sticks Fresh Fruit	Breakfast Burrito 15 Or Assorted Whole Grain Cereals w/ a Cheese Stick Fresh Fruit Cheeseburger Or Southwestern Salad with Chicken Or Toasted Cheese Sandwich ^V Garden Salad Fresh Fruit	Whole Grain French Toast Sticks 16 Or Fruited Yogurt w/ Grahams Fresh Fruit Pollo Guisado with Brown Rice Or Spicy Chicken Wrap Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sizzlin' Black Beans Fresh Fruit	Breakfast Sandwich w/ Egg & Cheese on a Biscuit 17 Or Whole Grain Bagel w/ Cream Cheese Fresh Fruit Roast Turkey Dinner with Turkey and Stuffing Or Chicken Caesar Salad Or Toasted Cheese Sandwich ^V Mashed Potatoes and Green Beans Fresh Fruit	Whole Grain Pancakes 18 Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Buffalo Chicken Pizza or Cheese Pizza ^V Or Tuna Salad on Whole Grain Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Cherry Tomatoes Fresh Fruit
Lunch					
Breakfast	Whole Grain Waffles 21 Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Three Cheese and Corn Enchilada ^V Or Toasted Turkey Cuban on Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sizzlin' Black Beans Fresh Fruit	Breakfast Burrito 22 Or Fruited Yogurt w/ Grahams Fresh Fruit Chicken, Broccoli, Pasta Or Garden Salad Topped with Tuna Salad Or Toasted Cheese Sandwich ^V Baby Carrots Fresh Fruit	Breakfast Sandwich w/ Egg & Cheese on a Biscuit 23 Or Assorted Whole Grain Cereals w/ Cheese Stick Fresh Fruit Baked Chicken Tenders Or Toasted Cheese Sandwich ^V Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Garden Salad Fresh Fruit	24 No School Winter Recess	25 No School Winter Recess
Lunch					
Lunch	28 No School Winter Recess	29 No School Winter Recess	30 No School Winter Recess	31 No School Winter Recess	<u>Breakfast Milk Choices</u> 1 % Plain & Nonfat Plain <u>Lunch Milk Choices</u> 1% Plain, Nonfat Plain, & Chocolate Breakfast and Lunch FREE for ALL Students Menus are subject to change