

Grades 9-12 Cafeteria Breakfast and Lunch Menu - October 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Notes about the menu: * Bolded items served in classroom and grab-and-go sites * All cereals are reduced sugar * Cheeses are reduced fat * All grain products are whole grain or whole wheat	Breakfast Milk Choices 1% Plain & Nonfat Plain Lunch Milk Choices 1% Plain, Nonfat Plain, & Chocolate	* Locally grown produce is sourced when available. * ^L stands for locally grown products * ^V stands for vegetarian * A variety of fresh fruits and vegetables are offered daily * In addition to daily vegetables, baby carrots offered M/W/F and cucumber slices T/TH * All salads are served with a whole grain tortilla	Breakfast Sandwich w/ Egg & Cheese on a Biscuit ¹ Or Assorted Whole Grain Cereals w/ a Cheese Stick Fresh Fruit Crispy Baked Fish Filet on a Roll Or Chicken Caesar Salad Or Turkey-Ham and Cheese on a Sub Roll Or Toasted Cheese Sandwich w/ Baby Carrots & Ranch Dip ^V Celery Sticks Fresh Fruit	Whole Grain Waffles ² Or Honey Wheat Bagel w/ Cream Cheese Fresh Fruit Cheese Pizza ^V Or Chef's Salad with Turkey Ham and Cheese Or Tuna Salad on Whole Grain Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Garden Salad Fresh Fruit
Lunch	* All menu items that contain peanuts or tree nuts as an ingredient are clearly named * A variety of condiments offered daily	Breakfast and Lunch FREE for ALL Students <i>Menus are subject to change</i>			
Breakfast	Whole Grain Cinnamon Raisin Bagel w/ Cream Cheese ⁵ Or Fruited Yogurt with Grahams Fresh Fruit	Whole Grain French Toast Sticks ⁶ Or Assorted Whole Grain Cereals w/ a Cheese Stick Fresh Fruit	Egg & Cheese Omelet w/ Toast ⁷ Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit	Whole Grain Pancakes ⁸ Or Fruited Yogurt with Grahams Fresh Fruit	Breakfast Sandwich w/ Egg & Cheese on a Biscuit ⁹ Or Whole Grain Blueberry Bagel w/ Cream Cheese Fresh Fruit
Lunch	Grilled BBQ Chicken Sandwich Or Garden Salad Topped w/ Tuna Salad Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sweet Potato Wedges Fresh Fruit	Creamy Macaroni and Cheese ^V Or Southwestern Salad w/ Chicken Or Turkey and Cheese on a Sub Roll Or Toasted Cheese Sandwich w/ Baby Carrots & Ranch Dip ^V Broccoli Florets Fresh Fruit	Meatball Sub w/ Parmesan Cheese Or Chef's Salad with Turkey-Ham and Cheese Or Chicken Salad on Whole Grain Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sweet Corn Fresh Fruit	Pollo Guisado with Brown Rice Or Chicken Caesar Salad Or Turkey and Cheese on a Sub Roll Or Toasted Cheese Sandwich w/ Carrot Sticks & Ranch Dip ^V Sizzlin' Black Beans Fresh Fruit	Cheese Pizza ^V Or Garden Salad Topped w/ Chicken Salad Or Turkey-Ham & Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Garden Salad Fresh Fruit
Breakfast	Columbus Day No School ¹²	Honey Wheat Bagel w/ Cream Cheese ¹³ Or Assorted Whole Grain Cereals w/ a Cheese Stick Fresh Fruit	Whole Grain Waffles ¹⁴ Or Fruited Yogurt w/ Grahams Fresh Fruit	Breakfast Sandwich w/ Egg & Cheese on a Biscuit ¹⁵ Or Whole Grain Cinnamon Raisin Bagel w/ Cream Cheese Fresh Fruit	Whole Grain French Toast Sticks ¹⁶ Or Assorted Whole Grain Cereals w/ a Cheese Stick Fresh Fruit
Lunch		Crispy Baked Fish Filet Sandwich Or Chef's Salad with Turkey Ham and Cheese Or Chicken Salad on Whole Grain Bread Or Toasted Cheese Sandwich w/ Carrot Sticks & Ranch Dip ^V Chickpea Salad Fresh Fruit	Lemon Oregano Chicken Or Chicken Caesar Salad Or Turkey-Ham & Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Roasted Carrots Fresh Fruit	Cheeseburger/Hamburger Or Garden Salad Topped w/ Tuna Salad Or Turkey-Ham and Cheese on a Sub Roll Or Toasted Cheese Sandwich w/ Carrot Sticks & Ranch Dip ^V Roasted Potatoes Fresh Fruit	Cheese Pizza ^V Or Southwestern Salad w/ Chicken Or Turkey and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Garden Salad Fresh Fruit
Breakfast	Honey Wheat Bagel w/ Cream Cheese ¹⁹ Or Fruited Yogurt w/ Grahams Fresh Fruit	Whole Grain Pancakes ²⁰ Or Assorted Whole Grain Cereals w/ a Cheese Stick Fresh Fruit	Breakfast Sandwich w/ Egg and Cheese on a Biscuit ²¹ Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit	Whole Grain Waffles ²² Or Whole Grain Blueberry Bagel w/ Cream Cheese Fresh Fruit	Celebrating Food Day! ²³ Yogurt Parfait w/ Bananas and Granola Assorted Whole Grain Cereals w/ Grahams Fresh Fruit
Lunch	Baked Chicken Tenders Or Garden Salad Topped w/ Chickpea Salad ^V Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sweet Potato Wedges Fresh Fruit	Black Bean Burrito Bowl ^V Or Chef's Salad with Turkey-Ham and Cheese Or Chicken Salad on Whole Grain Bread Or Toasted Cheese Sandwich w/ Carrot Sticks & Ranch Dip ^V Sweet Corn Fresh Fruit	Pasta with Meat Sauce Or Southwestern Salad w/ Chicken Or Turkey and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Green Beans Fresh Fruit	Cajun Baked Fish Over Brown Rice Or Chicken Caesar Salad Or Turkey-Ham & Cheese on a Sub Roll Or Toasted Cheese Sandwich w/ Carrot Sticks & Ranch Dip ^V Sizzlin' Black Beans Fresh Fruit	Local Vegetable Pizza ^V Or Garden Salad Topped w/ Chickpea Salad Or Turkey & Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Spinach Salad and Roasted Cauliflower Fresh Fruit
Breakfast	Whole Grain Cinnamon Raisin Bagel w/ Cream Cheese ²⁶ Or Fruited Yogurt with Grahams Fresh Fruit	Whole Grain French Toast Sticks ²⁷ Or Assorted Whole Grain Cereals w/ a Cheese Stick Fresh Fruit	Egg & Cheese Omelet w/ Toast ²⁸ Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit	Whole Grain Pancakes ²⁹ Or Fruited Yogurt with Graham s Fresh Fruit	Breakfast Sandwich w/ Egg & Cheese on a Biscuit ³⁰ Or Whole Grain Blueberry Bagel w/ Cream Cheese Fresh Fruit
Lunch	Grilled BBQ Chicken Sandwich Or Garden Salad Topped w/ Tuna Salad Or Turkey and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Baked Beans Fresh Fruit	Creamy Macaroni and Cheese ^V Or Southwestern Salad w/ Chicken Or Tuna Salad on Whole Grain Bread Or Toasted Cheese Sandwich w/ Baby Carrots & Ranch Dip ^V Cherry Tomatoes Fresh Fruit	Meatball Sub w/ Parmesan Cheese Or Chef's Salad with Turkey-Ham and Cheese Or Chicken Salad on Whole Grain Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sweet Corn Fresh Fruit	Tangerine Chicken with Brown Rice Or Chicken Caesar Salad Or Turkey-Ham and Cheese on a Sub Roll Or Toasted Cheese Sandwich w/ Carrot Sticks & Ranch Dip ^V Roasted Brussel Sprouts Fresh Fruit	Cheese Pizza ^V Or Garden Salad Topped w/ Chicken Salad Or Turkey and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Garden Salad Fresh Fruit