

Monday

1
Mini French Toast
Chicken Patty on a WG Roll
Emoji fries baby carrots
Diced pears Milk

8
SCHOOL HOLIDAY
Wellness Tip:
Start your day right-with a healthy breakfast!

15
Sweet Potato breakfast Roll*
Cheeseburger
Baked beans
Sweet potato fries
Milk

22
Yogurt/ mini muffin*
Meatless Monday!
"Big daddy's" Pizza Slice
Green beans
Baby carrots
Applesauce Milk

29
Mini Pancakes*
Chicken & Waffles
Sweet potato fries
Golden Steamed Corn
Apple slices Milk

Tuesday

2
No School
Professional Development

9
SCHOOL HOLIDAY
Wellness Tip:
Get some fresh air
Go for a Bike ride!

16
Egg & Cheese Sandwich*
"Brunch for lunch"
French Toast sticks
Potato puffs sausage links
Sliced strawberries Milk

23
Mini pancakes*
Yang's orange chicken
Vegetable fried rice
Edamame
Diced peaches Milk

30
Whole Grain Cereal *
Sun butter & Jelly sandwich
Mozzarella string cheese
Cucumber wheels
Orange smiles Milk

Wednesday

3
Early Riser bacon & Egg hashbrown
Chicken Meatballs/gravy
Mashed potatoes
Applesauce
Dinner roll Milk

10
SCHOOL HOLIDAY
Wellness Tip:
Get plenty of exercise in your day
Talk a long walk!

17
National **banana Bread** Day
String Cheese*
Pasta with meat sauce
Garden salad
Diced pears Milk

24
Sweet Potato Breakfast Roll*
Chicken & Pasta Alfredo
Steamed broccoli
Orange smiles
Milk

Thursday

4
Egg & Cheese Sandwich
Beef & Cheese Nachos
Brown Rice Salsa
Fiesta beans
Orange smiles Milk

11
SCHOOL HOLIDAY
Wellness Tip:
Stay hydrated
Drink plenty of water!

18
Mini French Toast*
Chicken Nuggets
Rosemary Roasted Potato Wedges
Peas Dinner roll
Diced peaches Milk

25
Whole Grain Cereal*
Turkey /Cheese/lettuce
On a WG Roll
WG Goldfish Milk
Cucumber wheels/Ranch Cup

Friday

5
Breakfast pizza
French bread Pizza
Garden salad
Fresh apple
Milk

12
SCHOOL HOLIDAY
Wellness Tip:
Limit Blue light before bed
Get plenty of sleep!

19
Breakfast pizza*
Pizza Cheese bite dippers
Marinara sauce
Steamed Broccoli
Orange smiles Milk

26
Egg & Cheese Sandwich*
Mozzarella Sticks
Marinara Sauce Dipping Cup
Garden salad
Diced peaches Milk

Please visit www.myschoolbucks.com to check balance and/or add funds to your child's account.

For the 23-24 school year, students qualified for **Reduced status** will receive breakfast and lunch at no cost



*BREAKFAST Includes: 1/2 cup of fruit or 4 oz.100% fruit juice and choice of Milk All grain-based items offered are whole-grain rich which means that at least 51% of the grains in the item are *whole grain* (WG), all other grains are enriched
A VARIETY OF FRESH FRUITS & VEGETABLES OFFERED DAILY "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"

Alternate LUNCH Choice Yogurt Meal available

Allergy Warning: Menu items may contain or come in contact with wheat, eggs, soy, nuts, and milk

*Menus are subject to change