

MONDAY SPECIALS

Cheese Sticks w/Marinara
Steak Burger or Hot Dog
Shaker Salad with Breadstick
Yogurt w/Granola & Breadstick

Fresh or canned fruit 1/2 cup
3/4 cup vegetables offered daily

TUESDAY SPECIALS

Pizza of the Day
Or Burrito/Nachos/Sandwich
Shaker Salad w/ Soft Pretzel
Yogurt w/ Soft Pretzel

Fresh or Canned Fruit 1/2 Cup
3/4 cup vegetables offered daily

WEDNESDAY SPECIALS

Wednesday Special
Shaker Salad w/ WW Roll
Yogurt w/ Granola & WW Roll

Fresh or Canned Fruit 1/2 Cup
3/4 cup vegetables offered daily

THURSDAY SPECIALS

Chicken Strips
Or Tamale/Taco Nada
Shaker Salad
Yogurt

Chips offered with all entrees
Fresh or canned fruit 1/2 cup
3/4 cup vegetables offered daily

FRIDAY SPECIALS

Chicken Sandwich
Corn Dog or Mini Cheeseburger
Shaker Salad with Muffin
Yogurt w/ Granola & Muffin

3/4 cup vegetables available
Fresh or canned Fruit 1/2 cup

Daily Menu Choices

No Charge to Reduced Students
Meal Prices:
Full Pay Lunch \$1.85
Full Pay Breakfast \$1.00
Ala Carte Milk or Juice \$.30
Sparkling Juice \$1.00

A student who pays \$25.00 on an account with a positive balance will receive a \$5.00 bonus in their account.
Students must choose 1/2 Cup Fruit or 1/2 cup Vegetable and two other meal components

Breakfast Week One or Week Three
Monday: Crumb Cake or Mini Waffles
Cereal with Bear Grahams
Tuesday: Egg and Cheese Breakfast Burrito or Wrap or Cereal with String Cheese
Wednesday: Sausage or Egg and Cheese Breakfast Sandwich or Cereal with Biscuit
Thursday: French Toast or Cereal with String Cheese
Friday: Yogurt or cereal with variety bread item
Potatoes offered one day per week

*Eat Healthy - Stay Fit
Exercise Regularly*



BREAKFAST MENU

Breakfast Week Two or Week Four
Monday: Pancakes, Sausage or Cereal with Graham Crackers
Tuesday: Chicken Breakfast Sandwich, or Cereal with Biscuit
Wednesday: Omelet or Cereal with Pan Dulce
Thursday: French Toast, or Cereal with String Cheese
Friday: Yogurt, or Cereal with Muffin
Potatoes offered one day per week
Fruit, Juice and Milk are offered with all breakfasts.