	ommunity School District reakfast Menus		
Middle & High			
		SALAI	O OF THE WEEK:
	Breakfast		Lunch
	A minimum of 3 items are required at breakfast		* See requirements below
You must hav	e a fruit or a juice. You may have both		
Monday			BBQ Rib Patty on WG Bun/Condiments
Apple or Grape Juice or 1 Piece Fresh Fruit			French Fries
Entrée 1 Choic			Green Beans
	Cocoa Puffs or Lucky Charms Cereal Bowl		Salad Bar and Fresh Veggies with Dressings
WG Toast/b optional grape jelly			Peaches OR Fresh Fruit
Assort. Yougurt Cup choice OR			1 Slice WG Bread Optional
Entrée 2 Choic	<u>e</u>		
Apple Jacks or 0	Cocoa Puffs or Lucky Charms Cereal Bowl		
Cinn. Toast Cer	real Bar OR	1item	
Assort. Yougurt Cup choice			May have 2 fruit choices
Tuesday			W.G. Pepperoni Pizza
Apple or Orange Juice or 1 Piece Fresh Fruit			California Vegetables
Entrée 1 Choice			Garlic Cheese Bread Stick
Apple Jacks or Cocoa Puffs or Trix Cereal Bowl			Salad Bar and Fresh Veggies with Dressings
Cheese Stick			Cinnamon Applesauce or Fresh Fruit
1 WG Toast/B optional grape jelly OR			Slushie Side Kick Cup
Entrée 2 Choice			1 Slice WG Bread Optional
Scrambled Eggs	8	1item	
1 WG Toast/B	optional grape jelly		
			May have 2 fruit choices
<b>Wednesday</b>			3-Bean/Meat Chili with Crackers
Apple Juice or Tropical Juice or 1 Piece Fresh Fruit			Mozzarella Cheese Stick
Entrée 1 Choice			Baked Corn Chips
Apple Jacks or or Cocoa Puffs for Golden Grahams			Salad Bar and Fresh Veggies with Dressings
WG Toast/B optional grape jelly			Glazed Cinnamon Roll
Assort. Yogurt Cup choice OR			Apricots OR Fresh Fruit
Entrée 2 Choice			1 Slice WG Bread Optional
Apple Jacks or o	or Cocoa Puffs for Golden Grahams		
WG Pop Tart Pa	estry	1item	
Assort. Yogurt Cup choice			May have 2 fruit choices
<b>Thursday</b>			Chicken Smackers/Condiments
Apple Juice or Grape Juice or Fresh Fruit Piece			Mashed Potaotes/ Gravy
Entrée 1 Choice			Corn
Apple Jacks or Cocoa Puffs or Trix Cereal Bowl			Salad Bar and Fresh Veggies with Dressings
1 WG Toast/B o	optional grape jelly		Strawberry Cup or Fresh Fruit Piece
Cheese Stick OR			Dusted WG Brownie
Entrée 2 Choice			1 Slice WG Bread Optional
French Toast St	icks & 1/2. oz Syrup	1item	
Sausage Patty		1item	
			May have 2 fruit choices
Friday			CHRISTMAS DINNER
Apple Juice or Grape Juice or 1 Piece Fresh Fruit			Baked Ham Slice
Entrée 1 Choice			Au Gartin Potatoes
Apple Jacks or Cocoa Puffs or cinn. Toast Crunch Cereal			Peas & Carrots
1 WG Toast/B optional grape jelly			Salad Bar and Fresh Veggies with Dressings
Cherry Yogurt P	arafait or Vanilla Yogurt		Holly Jolly Berry Fruit Cup Or Fresh Fruit
Entrée 2 Choice			Dinner Roll/B
Apple Jacks or Cocoa Puffs or cinn. Toast Crunch Cereal			X-Mas Cookie
WG Banana Muffin		1item	1 Slice WG Bread Optional
Cherry Yogurt Parafait or Vanilla Yogurt			"NO GRAB AND GO MEALS"
			May have 2 fruit choices

\* 1 carton milk is included with each meal. 1 % white and chocolate are offered.

\* Each meal must have 1/2 cup serving of vegetables or 1/2 cup serving of fruit on the tray in order to qualify as a reimbursable meal

\* One (1) full serving from two (2) other food groups must also be on the tray

This institution is an equal opportunity provider.

\*ALL FRESH PRODUCE AND FRUIT IS DOMESTICALLY OR LOCALLY GROWN WHEN POSSIBLE

\* Menus are subject to change dependent on availability, weather, etc.