



August / September 2016

Breakfast: \$1.50
Lunch: \$2.25
Adult Lunch: \$3.50

Applications for
Free/Reduced
Meals in office

Monday	Tuesday	Wednesday	Thursday	Friday
22 Pulled Pork on a Bun Baked Beans Coleslaw Fruit Cocktail Milk	23 Chicken Nuggets Sweet Potato Fries Mixed Vegetables Pears Milk	24 Hamburger on Bun Baked French Fries Romaine Salad Fresh Fruit Milk	25 Meatloaf w/gravy Roasted Potatoes Green Beans Applesauce Milk	26 Pepperoni Pizza on Whole Grain Crust Tater Tots Fruit Cocktail Milk
29 Spaghetti and Meatballs Tossed Salad Bread Stick Fruit Cocktail Milk	30 Grilled Chicken on Bun Sweet Potato Fries Pears Milk	31 Hamburger on Bun Baked French Fries Romaine Salad Fresh Fruit Milk	1 Turkey Taco Shredded Lettuce Refried Beans Applesauce Milk	2 Cheese Pizza Bagels Tator Tots Fruit Cocktail Oatmeal Raisin Cookie Milk
5  LABOR DAY No School	6 Chicken Nuggets Sweet Potato Fries Green Beans Pears Milk	6 Hamburger on Bun Baked French Fries Romaine Salad Fresh Fruit Milk	18 Fish Pattie on a Bun Mac & Cheese Broccoli Applesauce Milk	9 Chicken Pizza on Whole Grain Crust Baked French Fries Fruit Cocktail Milk
12 Sloppy Joe Coleslaw Baked Beans Fruit Cocktail Milk	13 Chicken Tortilla w/ Cheese and Shredded Lettuce Refried Beans Pears Milk	14 Hamburger on Bun Baked French Fries Romaine Salad Fresh Fruit Milk	15 Roast Pork Mashed Potatoes & Gravy Peas & Carrots Applesauce Milk	16 Cheese Pizza on Whole Grain Crust Tator Tots Green Beans Applesauce Milk
19 Spaghetti and Meatballs Tossed Salad Bread Stick Fruit Cocktail Milk	20 Chicken Strips Sweet Potato Fries Mixed Vegetables Pears Milk	21 Hamburger on Bun Baked French Fries Romaine Salad Fresh Fruit Milk	22 Fish Pattie on a Bun Macaroni and Cheese Cooked Carrots Applesauce Milk	23 Peperoni Pizza on Whole Grain Crust Sweet Potato Fries Fruit Cocktail Milk
26 Pulled Pork on a Bun Baked Beans Coleslaw Fruit Cocktail Milk	27 Grilled Chicken on Bun Sweet Potato Fries Peas & Carrots Pears Milk	28 Hamburger on Bun Baked French Fries Romaine Salad Fresh Fruit Milk	29 Meatloaf w/ mashed Potatoes & Gravy Green Beans Applesauce Milk	30 Cheese Pizza on Whole Grain Crust Tator Tots Fruit Cocktail Milk

Build Your Breakfast



1 serving of Fruit
Variety of Fresh Fruit
100% Fruit Juice
Applesauce Cups



Group 1
2 servings of Grain/Bread*
Dry Cereal
Oatmeal
Oatmeal Bar

Group 3
1 serving of Grain/Bread
Pancakes
Waffles
Breakfast Cookie
(these items count as 2)



Milk
8oz. fluid ounces



Group 2
2 servings of meat or meat alternative*
Yogurt
Boiled Egg

Breakfast is available to all students.
\$1.25
Students may also be eligible for a Free or Reduced Breakfast.
Applications available in the office.

Sample Breakfast 1

Orange Juice
Dry Cereal
Oatmeal Bar
Milk
2 servings from Group 1

Sample Breakfast 2

Banana
Yogurt
Boiled Egg
Milk
2 servings from Group 2

Sample Breakfast 3

Applesauce Cup
Oatmeal
Yogurt
Milk
1 serving from each Group 1 and Group 2

Sample Breakfast 4

Apple Juice
Pancakes
Milk
1 serving from Group 3

Sample Breakfast 5

Orange Wedges
2 boxes Dry Cereal
Milk
2 servings from Group 1

* OR 1 serving from Group 1 and Group 2