



Your school cafeteria is managed by Canteen. We are an equal opportunity employer.



School Information: Breakfast is served with fresh fruit daily. All lunch meals are served with a salad bar and your choice of low-fat flavored or white milk. We use whole grain products, which are baked daily.

Monday

- RED PEPPER FRITTATA
- RAVIOLI (BEEF)**
- BROCCOLI
- BAKED BEANS
- APPLESAUCE / DINNER ROLL

- PLAIN BAGEL
- CREAM CHEESE

- MINI CORN DOGS**
- GREEN BEANS
- PEACHES

- NUTRIGRAIN BAR / YOGURT

- BEEF TACOS (HARD SHELL)**
- CARROTS
- APPLESAUCE
- TORTILLA

Tuesday

- BANANA SQUARE
- PHILLY STEAK PINWHEELS**
- MIXED VEGETABLES
- HONEYDEW MELON

- COLD CEREAL & STRING CHEESE
- GRILLED HAM AND CHEESE**
- BAKED BEANS
- TATER TOTS
- PINEAPPLE CHUNKS

- ENGLISH MUFFIN SANDWICH
- FRITO PIE**
- MIXED VEGETABLES
- JELL-O WITH FRUIT
- LEMON DINOS

Wednesday

- COLD CEREAL, VARIETY STRING CHEESE
- BEEF TAQUITOS**
- CARROTS
- MIXED FRUIT
- CHICKEN NUGGETS/DINNER ROLL**

- PANCAKE WRAP
- CHICKEN PATTIE ON A BUN**
- CARROTS
- MIXED FRUIT
- LASAGNA WITH MEAT SAUCE**
- GARLIC BREADSTICKS

- APPLE BOSCO STICK
- ORANGE CHICKEN**
- BROCCOLI
- WHIPPED POTATOES
- PINEAPPLE CHUNKS
- SALISBURY STEAK / DINNER ROLL**

Thursday

- CHEESE OMELET TORTILLA
- FIESTA BURRITO**
- CORN
- MANDARIN ORANGES

- CINNI MINIS
- 12 SPAGHETTI AND MEAT SAUCE**
- BROCCOLI
- PEARS
- BREADSTICKS

- COLD CEREAL & STRING CHEESE
- 19 CHEESE ENCHILADAS (RED)**
- TAMALES
- PINTO BEANS
- PEARS / TORTILLA

Friday

- 6**

- 13**

- 20**

- 27**



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



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