



High School Breakfast Menu August 2017				
Menu Subject to Change				
Monday	Tuesday	Wednesday	Thursday	Friday
14 	15	16 <u>Choose One</u> Yogurt With Fruit & Toast Pop Tart Cereal & Wheat Toast Fruit or Juice Milk Variety	17 <u>Choose One</u> Yogurt With Fruit & Toast Mini Cinni Cereal & Wheat Toast Fruit or Juice Milk Variety	18 <u>Choose One</u> Yogurt With Fruit & Toast Blueberry Muffin Cereal & Wheat Toast Fruit or Juice Milk Variety
21 <u>Choose One</u> Yogurt With Fruit & Toast Bagel-Fuls Cereal & Wheat Toast Fruit or Juice Milk Variety	22 <u>Choose One</u> Yogurt With Fruit & Toast Oatmeal & Toast Cereal & Wheat Toast Fruit or Juice Milk Variety	23 <u>Choose One</u> Yogurt With Fruit & Toast Hot Honey Bun Cereal & Wheat Toast Fruit or Juice Milk Variety	24 <u>Choose One</u> Yogurt With Fruit & Toast Scrambled Eggs & Toast Cereal & Wheat Toast Fruit or Juice Milk Variety	25 <u>Choose One</u> Yogurt With Fruit & Toast Pancake Sausage On A Stick/Syrup Cereal & Wheat Toast Fruit or Juice Milk Variety
28 <u>Choose One</u> Yogurt With Fruit & Toast Bagel & Cream Cheese Cereal & Wheat Toast Fruit or Juice Milk	29 <u>Choose One</u> Yogurt With Fruit & Toast Pancakes & Syrup Cereal & Wheat Toast Fruit or Juice Milk	30 <u>Choose One</u> Yogurt With Fruit & Toast Breakfast Pizza Cereal & Wheat Toast Fruit or Juice Milk	31 <u>Choose One</u> Yogurt With Fruit & Toast Biscuit & Gravy Cereal & Wheat Toast Fruit or Juice Milk	1 <u>Choose One</u> Yogurt With Fruit & Toast Cinnamon Square Cereal & Wheat Toast Fruit or Juice Milk

High School Lunch Menu August 2017				
Menu Subject to Change				
Monday	Tuesday	Wednesday	Thursday	Friday
14	15 	16 Early Dismissal No lunch will be served	17 Ravioli in Meat Sauce OR Cheesy Chicken Bake Bread & Margarine Cheese stick Peas Juice Milk Variety	18 Hot Ham & Cheese on Bun OR Sub Sandwich Cheetos Carrot & Celery Stick Ranch Fruit Milk Variety
21 Cheese Sticks & Sauce OR Chicken Strips & Ketchup Carrots Fruit Chocolate Pudding Milk Variety	22 Chicken Nuggets BBQ Sauce/Ketchup OR Pretzel Roll Sandwich Broccoli Juice Milk Variety	23 Spaghetti & Meat Sauce Hot Roll & Margarine OR Toasted Ravioli & Sauce Salad & Dressing Fruit Milk Variety	24 Toasted Cheese Sandwich OR Taco Salad Baked Beans Juice Milk Variety	25 Pepperoni Pizza OR Chili Crispito Corn Fruit Jell-O Milk Variety
28 Hot Dog on Bun Ketchup & Mustard OR Hot Roast Beef On Croissant Baked Beans Fruit Milk Variety	29 Hamburger on Bun Ketchup/Mustard/Pickle OR Sub Sandwich French Fries Juice Milk Variety	30 Turkey & Cheese Wrap/Ranch OR Chicken Quesadilla Spring Salad & Dressing Fruit Chocolate Chip Cookie Milk Variety	31 Nacho's With Meat Cheese Sauce/Salsa OR Cayenne Chicken on Bun Green Beans Juice Milk Variety	1 Fish Stick & Ketchup OR Big Daddy Pizza Buttered Noodle Carrots Fruit Milk Variety

Salad Bar & Peanut butter & Jelly Uncrustable - Offered Daily

If you feel your child may qualify for free or reduced status, forms are available in the school office, or on the District Food Service homepage. **HOWEVER, YOU ARE STILL RESPONSIBLE FOR ANY CHARGES YOU MAY INCUR PRIOR TO APPROVAL. EXTRA MILK, AND MILK PURCHASED WITH A SACK LUNCH ARE NOT INCLUDED AS FREE LUNCH BENEFITS.**

For more information regarding federal guidelines, please visit www.choosemyplate.gov. This site also includes ideas for meals, exercise, and activities focusing on healthy living.

Breakfast Price 1.50 - Reduced .30
 Adult Breakfast 2.25
 Lunch Price 2.50 – Reduced .40
 Adult Lunch 3.35
 Milk .50