



April/May 2018 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/9 Beef Sausage on Bun (20g) †	4/10 Cinnamon French Toast (37g)	4/11 Turkey Sausage Breakfast Pizza (31g)	4/12 Maple Waffles (38g)	4/13 Strawberry Pancakes (40g)
4/16 Sweet Potato Swirl Roll (33g)	4/17 Maple Pancakes (39g)	4/18 Mini Cinnis (39g)	4/19 Turkey Sausage Pancake Wrap (17g) †	4/20 Bagels with Strawberry Creamy Cheese (41g)
4/23 Beef Sausage on Bun (20g) †	4/24 Cinnamon French Toast (37g)	4/25 Turkey Sausage Breakfast Pizza (31g)	4/26 Maple Waffles (38g)	4/27 Strawberry Pancakes (40g)
4/30 Sweet Potato Swirl Roll (33g)	5/1 Maple Pancakes (39g)	5/2 Mini Cinnis (39g)	5/3 Turkey Sausage Pancake Wrap (17g) †	5/4 Bagels with Strawberry Creamy Cheese (41g)

CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST:

Assorted Cereal (20-26g) or Graham Cracker (19g) or Yogurt (15g) or Cheese Stick (1g)

Orange juice (14g) and apple juice (14g) are offered at breakfast. Fresh fruits and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast/lunch. Vegetables offered daily and legumes weekly at lunch.

A complete breakfast and lunch are FREE to every student!!

Grams of carbohydrate for each food are listed as (g).

*Sliced wheat bread (12g) offered with entree.

<> Meatless entree

† Dairy-free entree

Pork, seafood, and nut-containing products are not offered.

Menu is subject to change.

This institution is an equal opportunity provider.

LUNCH

4/9 *Chicken Nuggets (13g) † Cheese & Bean Enchilada (42g) <> *Cheddar Bits (0g) & Tortilla Strips (23g) <>	4/10 *Chicken Drumstick (5g) † Cheese Pizza (30g) <> Sun Butter (14g) & Bagel (26g)<> † Baked Beans (30g) <>	4/11 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) † for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	4/12 * Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) †	4/13 Hamburger/Bun (20g) † Veggie Burger with Cheese on Bun (40g) <> Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)
4/16 Cheese Pizza (30g) <> Hamburger on Bun (20g) † *Chicken Fajita and Cheese Wrap (15g) Corn (17g)	4/17 *Cheeseburger Meatloaf on Bread (20g) Turkey Hot Dog on Bun (26g) † for <u>K-6 ONLY</u> Sun Butter (14g) & Bagel (26g)<> † Baked Beans (30g) <>	4/18 *Chicken Dippers (1g) † Turkey Sausage & French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	4/19 Hamburger/Bun (20g) † Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Mixed Veggies -carrot, pea, green bean, lima bean, & corn (9g)	4/20 Chicken Patty on Bun (29g) † Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) †
4/23 *Chicken Nuggets (13g) † Cheese & Bean Enchilada (42g) <> *Cheddar Bits (0g) & Tortilla Strips (23g) <>	4/24 *Chicken Drumstick (5g) † Cheese Pizza (30g) <> Sun Butter (14g) & Bagel (26g)<> † Baked Beans (30g) <>	4/25 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) † for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	4/26  Ohio Day Burger (20g) † Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) †	4/27 Turkey Hot Dog on Bun (26g) † for <u>K-6 ONLY</u> Veggie Burger with Cheese on Bun (40g) <> Soy Butter & Jelly Sandwich (55g) <> Potato Wedges (14g)
4/30 Cheese Pizza (30g) <> Hamburger on Bun (20g) † *Chicken Fajita and Cheese Wrap (15g) Corn (17g)	5/1 *Cheeseburger Meatloaf on Bread (20g) Turkey Hot Dog on Bun (26g) † for <u>K-6 ONLY</u> Sun Butter (14g) & Bagel (26g)<> † Baked Beans (30g) <>	5/2 *Chicken Dippers (1g) † Turkey Sausage & French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	5/3 Hamburger/Bun (20g) † Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Mixed Veggies -carrot, pea, green bean, lima bean, & corn (9g)	5/4 Chicken Patty on Bun (29g) † Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) †