



SY 2022-23								
w	MONDAY 2/27	TUESDAY 2/28	LEAN AND GREEN	THURSDAY 3/2	FRIDAY 3/3			
k		·	WEDNESDAY 3/1					
В	Cinnamon Toast Crunch	Chicken Sausage on Maple Waffle	Apple Frudel (36g)	Cinnamon Mini French Toast	Maple Waffles (37g)			
٦	Cheese-Filled Bar (40g)	(15g)		(37g)				
L	Chicken Nuggets (13g) & Bread	Salisbury Steak with Gravy (6g)	Cheese Breadstick (28g) with	Chicken Patty on Bun (34g) Đ	Cheese Pizza (28g) <>			
	(14g) Đ	and Potatoes (18g)	Marinara Cup (4g) <>	Pepperoni Pizza (28g)	3-Bean Chili (38g) & Tortilla			
u	Cheese Pizza (28g) <>	Toasted Cheese Sandwich (31g)	Macaroni and Cheese (31g) &	Garden Salad with Egg & Cheese	Strips (23g) & Bread (14g) <> Đ			
n	Turkey & Cheese Sticks with	<>	Bread (14g) <>	(5g) & Bread (14g) <>	WOW Soy Butter & Jelly			
_	Tortilla Strips (24g) & Bread	Amazing Chickpea Dip (24g) &	2 Peeps {hard-boiled eggs}	Baked Beans (30g)	Sandwich (55g) <>			
	(14g)	Pretzel Bites (25g) <> Đ	(2g) & Pretzel Bites (25g) <> D					
h								
National School Breakfast Week 3/6-3/10 Dig in to School Breakfast!								

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W k 2	MONDAY 3/6	TUESDAY 3/7	LEAN AND GREEN WEDNESDAY 3/8	THURSDAY 3/9	FRIDAY 3/10				
В	Mini Bagels Strawberry Creamy Cheese (42g)	French Toast Sticks (38g)		Breakfast Pizza with Beef and Red Sauce (17g)	Ohio Day Waffle (37g) and Juice (13g)				
L u n c	Chicken Drumstick (5g) & Bread (14g) Đ Turkey Sausage/ French Toast (41g) WOW Soy Butter & Jelly Sandwich (55g) <>	Cheesy Pull-Apart (32-33g) Penne Alfredo (31g) & Bread (14g) <> Sun Butter/Jelly & Bagel (49g) <> Đ Green Beans (5g)	NO STUDENTS	Walking Taco (25g) & Bread (14g) Pepperoni Pizza (28g) Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> Đ Corn (14g)	Hamburger/Bun (25g) Đ Chipotle Chicken Sandwich (28g) Amazing Chickpea Dip (24g) & Pretzel Bites (25g) <> Đ Baked Beans (30g)				

CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):

Assorted Cereal (20-25g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g)

Apple juice and orange juice (14g) offered at breakfast. Students may have as much fresh fruit that they would like to eat. A choice of 1% low fat white milk (13g), or skim chocolate milk (24g) offered at breakfast/lunch.

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

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

Đ Dairy-free entrée

<> Vegetarian lunch daily including all lunches on Lean and Green Wednesdays Fresh fruits and vegetables, such as broccoli and carrots, offered at lunch daily. Pork, seafood, and nut-containing products are not offered.

Menu is subject to change.

This institution is an equal opportunity provider.

Revised 3/10/2023





SY 2022-23

n Toast Crunch illed Bar (40g) Nuggets (13g) & Bread	Chicken Sausage on Maple Waffle (15g) Hamburger/Bun (25g) Đ	WEDNESDAY 3/15 Apple Frudel (36g)	Cinnamon French Toast (37g)	Maple Waffles (37g)	
illed Bar (40g) Nuggets (13g) & Bread	(15g)		ν ο,		
	Hamburger/Bun (25g) Đ			. , ,	
Dizza (28g) <>		Cheese Breadstick (28g) with	Chicken Patty on Bun (34g) Đ	Cheese Pizza (28g) <>	
Dizza (28a) <>	Toasted Cheese Sandwich (31g)	Marinara Cup (4g) <>	Pepperoni Pizza (28g)	3-Bean Chili (38g) & Tortilla	
, -	<>	Macaroni and Cheese (31g) &	Garden Salad with Egg & Cheese	Strips (23g) & Bread (14g) <> Đ	
Cheese Sticks with	Amazing Chickpea Dip (24g) &	Bread (14g) <>	(5g) & Bread (14g) <>	WOW Soy Butter & Jelly	
trips (24g) & Bread	, . .		Baked Beans (30g)	Sandwich (55g) <>	
	Emoji Potato (18g)	(2g) & Pretzel Bites (25g) <> D			
ONDAY 3/20	TUESDAY 3/21		THURSDAY 3/23	FRIDAY 3/24	
		WEDNESDAY 3/22			
els Strawberry Creamy	French Toast Sticks (38g)	Mini Cinnis (39g)	Breakfast Pizza with Beef and Red	Blueberry Waffles (37g)	
Drumstick (5g) & Bread				Hamburger/Bun (25g) Đ	
			· ·	Chipotle Chicken Sandwich	
ausage/ French Toast				(28g) Amazing Chickpea Dip (24g) &	
v Ruttor & Jolly				Pretzel Bites (25g) <> Đ	
-	_	,	Com (14g)	Baked Beans (30g)	
. (558)	Green Beans (5g)			Danca Deans (Dog)	
		, , ,			
,		Grams of carbohydrate for each food are listed as (g).			
		Đ Dairy-free entrée <> Vegetarian lunch daily including all lunches on Lean and Green Wednesdays			
· •	, -,				
	,	Fresh fruits and vegetables, such as broccoli and carrots, offered at lunch daily. Pork, seafood, and nut-containing products are not offered.			
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	. =-	inis institution is an equal opportunity provider.			
	•	Revised 3/10/2023			
	els Strawberry Creamy Cheese (42g) Drumstick (5g) & Bread ausage/ French Toast y Butter & Jelly a (55g) <> 1 MAIN ENTRÉE OR CHO Assorted Cereal (20-25g or Yogurt (14g) of uice and orange juice (1c) e as much fresh fruit tha fat white milk (13g), or s breakfa	Pretzel Bites (25g) <> D Emoji Potato (18g) ONDAY 3/20 TUESDAY 3/21 els Strawberry Creamy Cheese (42g) Drumstick (5g) & Bread Pretzel Bites (25g) <> D TUESDAY 3/21 French Toast Sticks (38g) Cheese (42g) Cheesy Pull-Apart (32-33g) Penne Alfredo (31g) & Bread (14g) <> Sun Butter/Jelly & Bagel (49g) <> D y Butter & Jelly	Pretzel Bites (25g) <> D Emoji Potato (18g) 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D ONDAY 3/20 TUESDAY 3/21 LEAN AND GREEN WEDNESDAY 3/22 els Strawberry Creamy Cheese (42g) Drumstick (5g) & Bread Prench Toast Sticks (38g) Penne Alfredo (31g) & Bread (14g) Penne Alfredo (31g) & Bread (14	Pretzel Bites (25g) <> D Emoji Potato (18g) 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D Emoji Potato (18g) 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 3 Pertzel Bites (25g) <> D 4 Pertzel Bites (25g) <> D 5 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 5 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 6 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 6 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 6 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 6 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 6 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 7 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 7 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 8 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 8 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 8 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 8 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 8 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 8 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 8 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 8 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 8 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D 8 Peeps {hard-boiled eggs} (1g) & Beas (1g) (1g) & Pess (24g) & Beas (14g) (24g) & Beas (14g) & Pepseroni Pizza (28g) (3g) & Pepperoni Pizza (28g) (