


Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast 1 Mini Powdered Sugar Donuts – 41g Lunch Grilled Cheese -30g OR Chef Salad – 40g Green Beans – 5g Fresh Vegetables -5g Tropical Fruit – 15g 3	Breakfast 2 Bacon, Egg, Cheese English Muffin– 33g Lunch Hamburger/Cheeseburger – 28g OR Yogurt, Cheese Stick & Bagel – 52g Sweet Potato Wedges – 25g Fresh Vegetables – 5g Pears – 12g 4	Breakfast 3 Muffin & Gogurt – 53g Lunch Chili with Crackers – 20g OR Salad with Egg & Cheese – 39g Fresh Vegetables – 5g Apple Wedges – 8g Snickerdoodle Cookie - 26g 5	Breakfast 4 Glazed Cinnamon Roll – 50g Lunch Cheese Pizza – 34g OR Yogurt, Cheese Stick & Bagel – 52g Tossed Salad – 5g Fresh Vegetables – 5g Grapes – 10g 1
Breakfast 7 Nutri-Grain Bar & Hard-Boiled Egg – 30g Lunch Pancakes & Sausage Links – 27g OR Yogurt, Cheese Stick & Bagel – 52g <i>New</i> – Candied Butternut Squash – 16g Fresh Vegetables – 5g Mixed Berries – 9g 2	Breakfast 8 Mini Bagels with Strawberry Cream Cheese – 42g Lunch Italian Dunkers & Marinara Sauce-40g OR Crispy Chicken Salad – 41g House Salad – 5g Fresh Vegetables – 5g Orange Wedges – 8g 3	Breakfast 9 Sausage, Egg & Cheese Croissant –28g Sack Lunch Ham & Cheese Sandwich – 30g Fruitables Veggie Juice – 14g Broccoli & Ranch Cup – 4g Frozen Fruit Cup – 18g 4	Breakfast 10 Cereal & Gogurt – 47g Lunch Pot Roast & Ciabatta Roll – 31g OR Chicken Taco Salad – 41g Mashed Potatoes & Gravy – 21g Fresh Vegetables – 5g Mixed Fruit -15g 5	Breakfast 11 Mini Cinnamon French Toast – 37g Lunch Crispy Chicken Sandwich - 40g OR Yogurt, Cheese Stick & Bagel – 52g Baked Beans - 24g Fresh Vegetables -5g Banana -27g 1
Breakfast 14 Pop Tart & Hard-Boiled Egg – 31g Lunch Philly Cheese Steak – 29g OR Yogurt, Cheese Stick & Bagel – 52g Sweet Kale Salad – 19g Fresh Vegetables – 5g Apple Wedges – 8g 2	Breakfast 15 Mini Powdered Sugar Donuts – 41g Lunch Orange Chicken over Rice -40g OR Chef Salad – 40g Edamame – 5g Fresh Vegetables – 5g Pineapple – 15g 3	Breakfast 16 Bacon, Egg, Cheese English Muffin– 33g Lunch Hot Dog – 29g OR Yogurt, Cheese Stick & Bagel – 52g Steamed Carrots – 6g Fresh Vegetables – 5g Green Grapes -10g 4	Breakfast 17 Muffin & Gogurt – 53g Lunch <i>New</i> - Tot-Chos -24g (<i>Taco meat & cheese sauce over tater tots.</i>) OR Salad with Egg & Cheese – 39g Fresh Vegetables – 5g Peaches – 12g Happy Face Cookie – 27g 5	Breakfast 18 Glazed Cinnamon Roll – 50g Lunch Turkey & Cheese Sandwich – 30g Fruitables Veggie Juice – 14g Celery Sticks & Ranch Cup – 5g Frozen Fruit Cup – 18g
21 	22	23	24	25
28	29	30	31	

Milk is served daily with breakfast and lunch. Students may choose milk from the following selections; skim chocolate, skim strawberry and 1% white. Fruit and juice are served daily with breakfast. Approximate grams of carbohydrates are listed for each menu item. For additional nutrition information contact Tracy Watsabaugh at 402-238-3044. MENU IS SUBJECT TO CHANGE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.