

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Breakfast</b> Mini Powdered Sugar Donuts – 41g <b>Lunch</b> Chicken Nuggets & Roll – 30g OR Turkey Bacon Hoagie- 30g Sweet Potato Wedges – 25g Fresh Vegetables -5g Pears – 12g	<b>Breakfast</b> Mini Bagels with Strawberry Cream Cheese – 42g <b>Lunch</b> Teriyaki Chicken over Rice – 47g OR Buffalo Chicken Wrap – 60g Edamame – 5g Fresh Vegetables – 5g Pineapple & Mandarin Oranges – 17g Fortune Cookie – 18g	<b>Breakfast</b> Bacon, Egg, Cheese English Muffin– 33g <b>Lunch</b> Chicken Fried Steak & Roll – 31g OR Chef Salad – 56g Mashed Potatoes & Gravy – 24g Fresh Vegetables – 5g Peaches 12g	<b>Breakfast</b> Muffin & Gogurt – 53g <b>Lunch</b> Beef and Cheese Nachos – 33g OR Crispy Chicken Salad – 70g Pintos & Cheese – 21g Fresh Vegetables – 5g Banana – 27g	<b>Breakfast</b> Glazed Cinnamon Roll – 50g <b>Lunch</b> French Bread Pizza – 36g OR Yogurt, Cheese Stick & Bagel - 52g Broccoli – 2g Fresh Vegetables – 5g Mixed Fruit – 15g
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Breakfast</b> Nutri-Grain Bar & Hard-Boiled Egg -30g <b>Lunch</b> Mini Corn Dogs – 25g OR Italian Hoagie – 30g Steamed Carrots – 6g Fresh Vegetables – 5g Apple Wedges – 8g	<b>Breakfast</b> Mini Bagels with Strawberry Cream Cheese – 42g <b>Lunch</b> Teriyaki Chicken over Rice – 47g OR Buffalo Chicken Wrap – 60g Edamame – 5g Fresh Vegetables – 5g Pineapple & Mandarin Oranges – 17g Fortune Cookie – 18g	<b>Breakfast</b> Sausage, Egg & Cheese Croissant –28g <b>Sack Lunch</b> Deli Club Hoagie – 30g Fruitables Veggie Juice – 14g Celery Sticks & Ranch Cup – 8g Frozen Fruit Cup – 18g Fruit Roll Up – 11g	<b>Breakfast</b> Cereal & Gogurt – 47g <b>Lunch</b> Meatball Sub – 31g Or Salad with Egg & Cheese – 39g Tossed Green Salad – 6g Fresh Vegetables – 5g Grapes – 10g	<b>Breakfast</b> Mini Cinnamon French Toast – 37g <b>Lunch</b> Carnitas Soft Taco – 26g OR Yogurt, Cheese Stick & Bagel – 52g Lettuce-Tomatoes-Salsa – 5g Corn – 14g Fresh Vegetables – 5g Strawberries – 10g
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Breakfast</b> Mini Powdered Sugar Donuts – 41g <b>Lunch</b> Chicken & Waffles – 24g OR West Coast Veggie Wrap – 50g Sweet Potato Wedges – 25g Fresh Vegetables – 5g Mixed Fruit – 15g	<b>Breakfast</b> Mini Bagels with Strawberry Cream Cheese – 42g <b>Lunch</b> Taquito & Cheese Sauce – 18g OR Chicken Caesar Wrap – 53g Fiesta Black Beans – 12g Fresh Vegetables – 5g Pineapple & Mandarin Oranges –17g	<b>Breakfast</b> Bacon, Egg, Cheese English Muffin– 33g <b>Lunch</b> Asian Pork & Vegetable Egg Rolls – 40g Sweet & Sour Sauce – 14g OR Chef Salad – 56g Fresh Vegetable – 5g Peaches – 12g	<b>Breakfast</b> Muffin & Gogurt – 53g <b>Lunch</b> Chili with Crackers – 20g OR Crispy Chicken Salad – 70g Fresh Vegetables – 5g Banana – 27g Happy Face Cookie – 27g	<b>Breakfast</b> Glazed Cinnamon Roll – 50g <b>Lunch</b> Italian Dunkers & Marinara Sauce- 38g OR Yogurt, Cheese Stick & Bagel – 52g Steamed Broccoli – 2g Fresh Vegetables -5g Orange Wedges – 8g
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Breakfast</b> Nutri-Grain Bar & Hard-Boiled Egg -30g <b>Lunch</b> Hamburger/Cheeseburger – 28g OR Italian Hoagie – 30g French Fries – 17g Fresh Vegetables – 5g Apple Wedges -8g	<b>Breakfast</b> Mini Bagels with Strawberry Cream Cheese – 42g <b>Lunch</b> Taquito & Cheese Sauce – 18g OR Chicken Caesar Wrap – 53g Fiesta Black Beans – 12g Fresh Vegetables – 5g Pineapple & Mandarin Oranges –17g	<b>Breakfast</b> Sausage, Egg & Cheese Croissant –28g <b>Sack Lunch</b> Turkey & Swiss Hoagie – 30g Fruitables Veggie Juice – 14g Baby Carrots & Ranch Cup – 8g Frozen Fruit Cup – 18g Fruit Roll Up – 11g	<b>Breakfast</b> Cereal & Gogurt – 47g <b>Lunch</b> Chicken Fettuccini Alfredo– 27g Garlic Bread – 14g Or Salad with Egg & Cheese – 39g Tossed Green Salad – 6g Fresh Vegetables – 5g Grapes – 10g	<b>Breakfast</b> Mini Cinnamon French Toast – 37g <b>Lunch</b> Crispy Fish Sandwich – 42g OR Yogurt, Cheese Stick & Bagel – 52g Cole Slaw – 18g Fresh Vegetables – 5g Pears – 12g Cookie – 26g

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.