

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Breakfast</p> <p>Mini Powdered Sugar Donuts – 41g</p> <p>Lunch</p> <p>Chicken Nuggets & Roll – 30g OR Yogurt, Cheese Stick & Bagel – 52g Sweet Potato Wedges – 25g Fresh Vegetables -5g Pears – 12g</p> <p style="text-align: right;">1</p>	<p>5</p> <p>Breakfast</p> <p>Mini Bagels with Strawberry Cream Cheese – 42g</p> <p>Lunch</p> <p>Teriyaki Chicken over Rice – 47g OR Chef Salad – 40g Edamame – 5g Fresh Vegetables – 5g Pineapple & Mandarin Oranges – 17g Fortune Cookie – 18g</p> <p style="text-align: right;">1</p>	<p>6</p> <p>Breakfast</p> <p>Bacon, Egg, Cheese English Muffin– 33g</p> <p>Lunch</p> <p>Chicken Fried Steak & Roll – 31g OR Crispy Chicken Salad – 41g Mashed Potatoes & Gravy – 24g Fresh Vegetables – 5g Peaches 12g</p> <p style="text-align: right;">2</p>	<p>7</p> <p>Breakfast</p> <p>Muffin & Gogurt – 53g</p> <p>Lunch</p> <p>Beef and Cheese Nachos – 33g OR Hummus & Tortilla Chips – 48g Pintos & Cheese – 21g Fresh Vegetables – 5g Banana – 27g</p> <p style="text-align: right;">3</p>	<p>8</p> <p>Breakfast</p> <p>Glazed Cinnamon Roll – 50g</p> <p>Lunch</p> <p>French Bread Pizza – 36g OR Yogurt, Cheese Stick & Bagel-52g Broccoli – 2g Fresh Vegetables – 5g Mixed Fruit – 15g</p> <p style="text-align: right;">4</p>
<p>11</p> <p>Breakfast</p> <p>Nutri-Grain Bar & Hard-Boiled Egg -30g</p> <p>Lunch</p> <p>Mini Corn Dogs – 25g OR Yogurt, Cheese Stick & Bagel – 52g Steamed Carrots – 6g Fresh Vegetables – 5g Apple Wedges – 8g</p> <p style="text-align: right;">5</p>	<p>12</p> <p>Breakfast</p> <p>Mini Bagels with Strawberry Cream Cheese – 42g</p> <p>Lunch</p> <p>Teriyaki Chicken over Rice – 47g OR Chef Salad – 40g Edamame – 5g Fresh Vegetables – 5g Pineapple & Mandarin Oranges – 17g Fortune Cookie – 18g</p> <p style="text-align: right;">1</p>	<p>13</p> <p>Breakfast</p> <p>Sausage, Egg & Cheese Croissant –28g</p> <p>Sack Lunch</p> <p>Ham & Cheese Sandwich – 30g Fruitables Veggie Juice – 14g Celery Sticks & Ranch Cup – 8g Frozen Fruit Cup – 18g</p> <p style="text-align: right;">2</p>	<p>14</p> <p>Breakfast</p> <p>Cereal & Gogurt – 47g</p> <p>Lunch</p> <p>Meatball Sub – 31g Or Salad with Egg & Cheese – 39g Tossed Green Salad – 6g Fresh Vegetables – 5g Grapes – 10g</p> <p style="text-align: right;">3</p>	<p>15</p> <p>Breakfast</p> <p>Mini Cinnamon French Toast – 37g</p> <p>Lunch</p> <p>Carnitas Soft Taco – 26g OR Yogurt, Cheese Stick & Bagel – 52g Lettuce-Tomatoes-Salsa – 5g Corn – 14g Fresh Vegetables – 5g Strawberries – 10g</p> <p style="text-align: right;">4</p>
<p>18</p> <p>Breakfast</p> <p>Mini Powdered Sugar Donuts – 41g</p> <p>Lunch</p> <p>Chicken & Waffles – 24g OR Yogurt, Cheese Stick & Bagel – 52g Sweet Potato Wedges – 25g Fresh Vegetables – 5g Mixed Fruit – 15g</p> <p style="text-align: right;">5</p>	<p>19</p> <p>Breakfast</p> <p>Mini Bagels with Strawberry Cream Cheese – 42g</p> <p>Lunch</p> <p>Taquito & Cheese Sauce – 18g OR Chef Salad – 40g Fiesta Black Beans – 12g Fresh Vegetables – 5g Pineapple & Mandarin Oranges –17g</p> <p style="text-align: right;">5</p>	<p>20</p> <p>Breakfast</p> <p>Bacon, Egg, Cheese English Muffin– 33g</p> <p>Lunch</p> <p>Asian Pork & Vegetable Egg Rolls – 40g Sweet & Sour Sauce – 14g OR Crispy Chicken Salad – 41g Fresh Vegetable – 5g Peaches – 12g</p> <p style="text-align: right;">1</p>	<p>21</p> <p>Breakfast</p> <p>Muffin & Gogurt – 53g</p> <p>Lunch</p> <p>Chili with Crackers – 20g OR Hummus & Tortilla Chips – 48g Fresh Vegetables – 5g Banana – 27g Happy Face Cookie – 27g</p> <p style="text-align: right;">2</p>	<p>22</p> <p>Breakfast</p> <p>Glazed Cinnamon Roll – 50g</p> <p>Lunch</p> <p>Italian Dunkers & Marinara Sauce- 38g OR Yogurt, Cheese Stick & Bagel – 52g Steamed Broccoli – 2g Fresh Vegetables -5g Orange Wedges – 8g</p> <p style="text-align: right;">3</p>
<p>25</p> <p>Breakfast</p> <p>Nutri-Grain Bar & Hard-Boiled Egg -30g</p> <p>Lunch</p> <p>Hamburger/Cheeseburger – 28g OR Yogurt, Cheese Stick & Bagel – 52g French Fries – 17g Fresh Vegetables – 5g Apple Wedges -8g</p> <p style="text-align: right;">4</p>	<p>26</p> <p>Breakfast</p> <p>Mini Bagels with Strawberry Cream Cheese – 42g</p> <p>Lunch</p> <p>Taquito & Cheese Sauce – 18g OR Chef Salad – 40g Fiesta Black Beans – 12g Fresh Vegetables – 5g Pineapple & Mandarin Oranges –17g</p> <p style="text-align: right;">5</p>	<p>27</p> <p>Breakfast</p> <p>Sausage, Egg & Cheese Croissant –28g</p> <p>Sack Lunch</p> <p>Turkey & Cheese Sandwich – 30g Fruitables Veggie Juice – 14g Baby Carrots & Ranch Cup – 8g Frozen Fruit Cup – 18g</p> <p style="text-align: right;">1</p>	<p>28</p> <p>Breakfast</p> <p>Cereal & Gogurt – 47g</p> <p>Lunch</p> <p>Chicken Fettuccini Alfredo– 27g Garlic Bread – 14g Or Salad with Egg & Cheese – 39g Tossed Green Salad – 6g Fresh Vegetables – 5g Grapes – 10g</p> <p style="text-align: right;">2</p>	<p>29</p> <p>Breakfast</p> <p>Mini Cinnamon French Toast – 37g</p> <p>Lunch</p> <p>Crispy Fish Sandwich – 42g OR Yogurt, Cheese Stick & Bagel – 52g Cole Slaw – 18g Fresh Vegetables – 5g Pears – 12g Cookie – 26g</p> <p style="text-align: right;">3</p>

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.