

Monday	Tuesday	Wednesday	Thursday	Friday
7	8 Breakfast Pancake Wrapped Sausage Stick –18g Lunch Chicken Fried Steak & Roll – 31g OR Deli Club Hoagie – 30g Mashed Potatoes/Gravy – 24g Fresh Vegetables – 5g Mandarin Oranges – 22g	9 Breakfast Blueberry Muffin & Yogurt – 45g Lunch Cheese Pizza – 34g OR Taco Salad – 30g Steamed Broccoli – 2g Fresh Vegetables – 5g Strawberries – 6g	10 Breakfast Ham, Egg & Cheese Wrap – 28g Lunch Beef and Cheese Nachos – 33g OR Salad with Egg & Cheese – 56g Pintos & Cheese – 21g Fresh Vegetables – 5g Banana – 27g	11 Breakfast Glazed Cinnamon Roll – 56g Lunch Macaroni & Cheese – 29g Or Yogurt, Cheese Stick & Bagel – 52g Peas & Carrots – 7g Fresh Vegetables – 5g Pears – 12g Chocolate Chip Cookie – 34g
14 Breakfast Cereal Bar & Hard-Boiled Egg – 31g Lunch <i>New</i> - Chicken & Waffles – 22g OR Italian Hoagie – 30g Green Beans – 5g Fresh Vegetables – 5g Mixed Berries – 9g	15 Breakfast Bagel & Cream Cheese – 31g Lunch Meatball Sub – 40g OR Turkey Bacon Hoagie Tossed Salad – 5g Fresh Vegetables – 5g Grapes – 10g	16 Breakfast Mini Doughnuts – 26g Sack Lunch Ham & Cheese Sandwich – 30g Baby Carrots & Ranch Cup – 8g Fresh Vegetables – 5g Apple – 12g	17 Breakfast Sausage, Egg & Cheese Croissant –28g Lunch Teriyaki Chicken over Rice – 30g OR Crispy Chicken Salad – 70g Edamame – 5g Fresh Vegetables – 5g Orange Wedges – 8g	18 Breakfast Apple Frudel Pastry – 36g Lunch <i>New</i> - Carnitas Soft Taco – 26g Lettuce-Tomatoes-Salsa -5g OR Yogurt, Cheese Stick & Bagel – 52g Corn – 14g Fresh Vegetables – 5g Peaches – 12g
21 Breakfast Pop Tart & Hard-Boiled Egg – 37g Lunch Mini Corn Dogs – 25g OR Turkey & Swiss Hoagie – 30g <i>New</i> - Roasted Cauliflower – 4g Fresh Vegetables – 5g Pineapple – 15g	22 Breakfast Pancake Wrapped Sausage Stick –18g Lunch Hamburger/Cheeseburger – 28g OR Deli Club Hoagie – 30g Baked Beans – 24g Fresh Vegetables – 5g Mixed Fruit – 15g	23 Breakfast Blueberry Muffin & Yogurt – 45g Lunch Crispito & Cheese Sauce – 26g OR Taco Salad – 30g Sweet Potato Tots – 30g Fresh Vegetables – 5g Banana – 27g	24 Breakfast Ham, Egg & Cheese Wrap – 28g Lunch <i>New</i> - Popcorn Chicken Bowl – 62g <i>(Contains popcorn chicken, mashed potatoes, gravy, corn & a roll)</i> OR Salad with Egg & Cheese – 56g Fresh Vegetables – 5g Pears – 12g	25 Breakfast Glazed Cinnamon Roll – 56g Lunch Pork Tenderloin Sandwich—35 C. OR Yogurt, Cheese Stick & Bagel – 52g Sweet Kale Salad – 19g Fresh Vegetables – 5g Mandarin Oranges – 22g
28 Breakfast Cereal Bar & Hard-Boiled Egg – 31g Lunch BBQ Pork Sandwich – 54g OR Italian Hoagie – 30g French Fries – 17g Fresh Vegetables – 5g Strawberries – 6g	29 Breakfast Bagel & Cream Cheese – 31g Lunch Fiestada Pizza – 43g OR Turkey Bacon Hoagie – 30g Fiesta Black Beans – 12g Fresh Vegetables – 5g Apple Wedges – 8g	30 Breakfast Mini Doughnuts – 26g Sack Lunch Turkey & Cheese Sandwich – 30g Fruitables Veggie Juice – 14g Celery Sticks & Ranch Cup – 5g Orange - 8g	October 1 Breakfast Sausage, Egg & Cheese Croissant –28g Lunch Chicken Fettuccini Alfredo – 26g Garlic Toast – 17g OR Crispy Chicken Salad – 70g Steamed Broccoli – 2g Fresh Vegetables – 5g Grapes – 10g	2 Breakfast Apple Frudel Pastry – 36g Lunch <i>New</i> - Pig in a Blanket -36g OR Yogurt, Cheese Stick & Bagel – 52g Green Beans – 5g Fresh Vegetables – 5g Peaches – 12g

Milk is served daily with breakfast and lunch. Students may choose milk from the following selections; skim white, 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.