


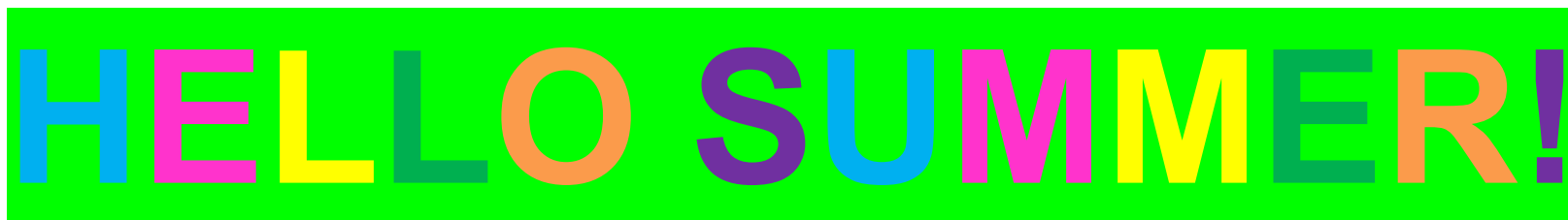


Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 3 Mini Chocolate Donuts – 41g Lunch Chicken Nuggets & Roll – 30g OR Yogurt, Cheese Stick & Bagel – 52g Peas – 12g Fresh Vegetables – 5g Orange Wedges – 8g 3	Breakfast 4 Sausage, Egg & Cheese Croissant –28g Lunch Philly Cheese Steak – 29g OR Crispy Chicken Salad – 41g Steamed Carrots – 6g Fresh Vegetables – 5g Peaches – 12g 4	 "Cinco De Mayo" 5 Breakfast Cereal & Gogurt – 47g Lunch Beef & Cheese Nachos – 33g OR Yogurt, Cheese Stick & Bagel – 52g Pintos & Cheese – 21g Fresh Vegetable – 5g Warm Glazed Apples – 17g 5	Breakfast 6 Frosted Long John Pastry – 44g Lunch Chicken Fried Steak & Roll – 31g OR Turkey & Cheese Croissant – 28g Mashed Potatoes & Gravy – 24g Fresh Vegetables – 5g Fresh Pear – 26g 1	Breakfast 7 Muffin & Hard-Boiled Egg – 33g Lunch Italian Dunkers & Marinara Sauce -38g OR Yogurt, Cheese Stick & Bagel – 52g Tossed Green Salad – 6g Fresh Vegetables – 5g Banana – 27g 2
Breakfast 10 Mini Powdered Sugar Donuts – 41g Lunch Hamburger/Cheeseburger – 28g OR Yogurt, Cheese Stick & Bagel – 52g French Fries – 17g Fresh Vegetables – 5g Mixed Fruit – 15g 3	Breakfast 11 Bacon, Egg, Cheese English Muffin-33g Lunch Chicken Pasta Alfredo – 27g Garlic Bread – 14g OR Chef Salad – 40g Steamed Broccoli – 2g Fresh Vegetables – 5g Pears – 12g 4	Breakfast 12 Cereal & Gogurt – 47g Sack Lunch Ham & Cheese Sandwich – 30g Veggie Juice – 14g Celery Sticks & Ranch Cup – 8g Frozen Fruit Cup – 18g 5	Breakfast 13 Pop Tart & Hard-Boiled Egg – 31g Lunch Fiestada Pizza – 43g OR Salad with Egg & Cheese – 39g Fiesta Black Beans -12g Fresh Vegetables – 5g Fresh Strawberries – 6g 1	 "Fun Day" 14 Breakfast Glazed Cinnamon Roll – 50g Lunch Hot Dog -29g Veggie Juice – 14g Baby Carrots & Ranch Cup – 8g Apple Wedges – 8g Chocolate Chip Cookie – 17g 1
Breakfast 17 Mini Chocolate Donuts – 41g Lunch Chicken & Waffles – 24g OR Yogurt, Cheese Stick & Bagel – 52g Green Beans – 5g Fresh Vegetables – 5g Mandarin Oranges – 17g 2	Breakfast 18 Sausage, Egg & Cheese Croissant –28g Lunch Crispito & Cheese Sauce – 26g OR Crispy Chicken Salad – 41g Corn – 14g Fresh Vegetables – 5g Applesauce – 12g 3	Breakfast 19 Cereal & Gogurt – 47g Lunch Crispy Pork Tenderloin Sandwich – 40g OR Yogurt, Cheese Stick & Bagel – 52g Baked Beans – 28g Fresh Vegetables – 5g Assorted Fruit – 13g 4	Breakfast 20 Frosted Long John Pastry – 44g Lunch Cheese Pizza – 34g OR Turkey & Cheese Croissant – 28g Assorted Vegetables – 7g Fresh Vegetables – 5g Assorted Fruit – 13g Cookie – 26g 5	Breakfast 21 Chef's Choice <i>(Students may choose from a variety of entrée options)</i> 



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.