

Monday	Tuesday	Wednesday	Thursday	Friday
<b>7</b>	<b>8</b> <b>Breakfast</b> Pancake Wrapped Sausage Stick –18g <b>Lunch</b> Chicken Fried Steak & Roll – 31g OR Chef Salad – 40g Mashed Potatoes/Gravy – 24g Fresh Vegetables – 5g Mandarin Oranges – 22g	<b>9</b> <b>Breakfast</b> Blueberry Muffin & Yogurt – 45g <b>Lunch</b> Cheese Pizza – 34g OR Yogurt, Cheese Stick & Bagel – 52g Steamed Broccoli – 2g Fresh Vegetables – 5g Strawberries – 6g	<b>10</b> <b>Breakfast</b> Ham, Egg & Cheese Wrap – 28g <b>Lunch</b> Beef and Cheese Nachos – 33g OR Salad with Egg & Cheese – 39g Pintos & Cheese – 21g Fresh Vegetables – 5g Banana – 27g	<b>11</b> <b>Breakfast</b> Glazed Cinnamon Roll – 56g <b>Lunch</b> Macaroni & Cheese – 29g Or Yogurt, Cheese Stick & Bagel – 52g Peas & Carrots – 7g Fresh Vegetables – 5g Pears – 12g Chocolate Chip Cookie – 34g
<b>14</b> <b>Breakfast</b> Cereal Bar & Hard-Boiled Egg – 31g <b>Lunch</b> <i>New</i> - Chicken & Waffles – 22g OR Yogurt, Cheese Stick & Bagel – 52g Green Beans – 5g Fresh Vegetables – 5g Mixed Berries – 9g	<b>15</b> <b>Breakfast</b> Bagel & Cream Cheese – 31g <b>Lunch</b> Meatball Sub – 40g OR Crispy Chicken Salad – 41g Tossed Salad – 5g Fresh Vegetables – 5g Grapes – 10g	<b>16</b> <b>Breakfast</b> Mini Doughnuts – 26g <b>Sack Lunch</b> Ham & Cheese Sandwich – 30g Baby Carrots & Ranch Cup – 8g Fresh Vegetables – 5g Apple – 12g	<b>17</b> <b>Breakfast</b> Sausage, Egg & Cheese Croissant –28g <b>Lunch</b> Teriyaki Chicken over Rice – 30g OR Taco Salad – 41g Edamame – 5g Fresh Vegetables – 5g Orange Wedges – 8g	<b>18</b> <b>Breakfast</b> Apple Frudel Pastry – 36g <b>Lunch</b> <i>New</i> - Carnitas Soft Taco – 26g Lettuce-Tomatoes-Salsa -5g OR Yogurt, Cheese Stick & Bagel – 52g Corn – 14g Fresh Vegetables – 5g Peaches – 12g
<b>21</b> <b>Breakfast</b> Pop Tart & Hard-Boiled Egg – 37g <b>Lunch</b> Mini Corn Dogs – 25g OR Yogurt, Cheese Stick & Bagel – 52g <i>New</i> - Roasted Cauliflower – 4g Fresh Vegetables – 5g Pineapple – 15g	<b>22</b> <b>Breakfast</b> Pancake Wrapped Sausage Stick –18g <b>Lunch</b> Hamburger/Cheeseburger – 28g OR Chef Salad – 40g Baked Beans – 24g Fresh Vegetables – 5g Mixed Fruit – 15g	<b>23</b> <b>Breakfast</b> Blueberry Muffin & Yogurt – 45g <b>Lunch</b> Crispito & Cheese Sauce – 26g OR Yogurt, Cheese Stick & Bagel – 52g Sweet Potato Tots – 30g Fresh Vegetables – 5g Banana – 27g	<b>24</b> <b>Breakfast</b> Ham, Egg & Cheese Wrap – 28g <b>Lunch</b> <i>New</i> - Popcorn Chicken Bowl – 62g <i>(Contains popcorn chicken, mashed potatoes, gravy, corn &amp; a roll)</i> OR Salad with Egg & Cheese – 39g Fresh Vegetables – 5g Pears – 12g	<b>25</b> <b>Breakfast</b> Glazed Cinnamon Roll – 56g <b>Lunch</b> Pork Tenderloin Sandwich—35 C. OR Yogurt, Cheese Stick & Bagel – 52g Sweet Kale Salad – 19g Fresh Vegetables – 5g Mandarin Oranges – 22g
<b>28</b> <b>Breakfast</b> Cereal Bar & Hard-Boiled Egg – 31g <b>Lunch</b> BBQ Pork Sandwich – 54g OR Yogurt, Cheese Stick & Bagel – 52g French Fries – 17g Fresh Vegetables – 5g Strawberries – 6g	<b>29</b> <b>Breakfast</b> Bagel & Cream Cheese – 31g <b>Lunch</b> Fiestada Pizza – 43g OR Crispy Chicken Salad – 41g Fiesta Black Beans – 12g Fresh Vegetables – 5g Apple Wedges – 8g	<b>30</b> <b>Breakfast</b> Mini Doughnuts – 26g <b>Sack Lunch</b> Turkey & Cheese Sandwich – 30g Fruitables Veggie Juice – 14g Celery Sticks & Ranch Cup – 5g Orange - 8g	<b>October 1</b> <b>Breakfast</b> Sausage, Egg & Cheese Croissant –28g <b>Lunch</b> Chicken Fettuccini Alfredo – 26g Garlic Toast – 17g OR Taco Salad – 41g Steamed Broccoli – 2g Fresh Vegetables – 5g Grapes – 10g	<b>2</b> <b>Breakfast</b> Apple Frudel Pastry – 36g <b>Lunch</b> <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.