

Monday	Tuesday	Wednesday	Thursday	Friday
7	8 Breakfast Pancake Wrapped Sausage Stick-18g Lunch Hamburger – 28g French Fries – 17g Fruitables Veggie Juice – 14g Applesauce Cup – 12g Fresh Fruit – 16g	9 Breakfast Blueberry Muffin & Yogurt – 45g Lunch Crispy Chicken Salad – 30g Muffin – 30g Tropical Fruit Cup – 15g Fresh Fruit – 16g	10 Breakfast Ham, Egg & Cheese Wrap – 28g Lunch BBQ Pork Sandwich – 54g Sweet Potato Tots – 30g Fruitables Veggie Juice – 14g Pear Cup – 16g Fresh Fruit – 16g	11 Breakfast Glazed Cinnamon Roll – 56g Lunch Crispitos – 46g Nacho Cheese Sauce – 11g Refried Beans – 21g Fruitables Veggie Juice – 14g Strawberry Cup – 26g Fresh Fruit – 16g
14 Breakfast Cereal Bar & Hard-Boiled Egg – 31g Lunch Chef Salad – 26g Muffin – 30g Mandarin Oranges Cup – 16g Fresh Fruit – 16g	15 Breakfast Bagel & Cream Cheese – 31g Lunch Crispy Chicken Sandwich – 40g French Fries – 17g Fruitables Veggie Juice – 14g Frozen Fruit Cup – 18g Fresh Fruit – 16g	16 Breakfast Mini Doughnuts – 26g Sack Lunch Turkey Bacon Hoagie – 43g Baby Carrots & Ranch Cup – 10g Fruitables Veggie Juice – 14g Peach Cup – 12g Fresh Fruit – 16g	17 Breakfast Sausage Egg & Cheese Croissant-28g Lunch Italian Dunkers – 28g Marinara Cup – 12g Broccoli Florets & Ranch – 9g Fruitables Veggie Juice – 14g Applesauce Cup – 12 g Fresh Fruit – 16g	18 Breakfast Apple Frudel Pastry – 36g Lunch Hot Dog – 30 g Baked Beans – 24g Fruitables Veggie Juice – 14g Tropical Fruit Cup – 15g Fresh Fruit
21 Breakfast Pop Tart & Hard-Boiled Egg – 37g Lunch Italian Hoagie – 43g Celery Sticks & Ranch Cup – 8g Fruitables Veggie Juice – 14g Pear Cup – 16g Fresh Fruit – 16g	22 Breakfast Pancake Wrapped Sausage Stick-18g Lunch Hamburger – 28g French Fries – 17g Fruitables Veggie Juice – 14g Strawberry Cup – 26g Fresh Fruit – 16g	23 Breakfast Blueberry Muffin & Yogurt – 45g Lunch Crispy Chicken Salad – 30g Muffin – 30g Mandarin Oranges Cup – 16g Fresh Fruit – 16g	24 Breakfast Ham, Egg & Cheese Wrap – 28g Lunch BBQ Pork Sandwich -54g Sweet Potato Tots – 30g Fruitables Veggie Juice – 14g Frozen Fruit Cup – 18g Fresh Fruit – 16g	25 Breakfast Glazed Cinnamon Roll - 56g Lunch Crispitos – 46g Nacho Cheese Sauce – 11g Refried Beans – 21g Fruitables Veggie Juice- 14g Peach Cup – 12g Fresh Fruit – 16g
28 Breakfast Cereal Bar & Hard-Boiled Egg – 31g Lunch Chef Salad – 26g Muffin – 30g Applesauce Cup – 12g Fresh Fruit – 16g	29 Breakfast Bagel & Cream Cheese – 31g Lunch Crispy Chicken Sandwich – 40g French Fries – 17g Fruitables Veggie Juice – 14g Tropical Fruit Cup – 15g Fresh Fruit – 16g	30 Breakfast Mini Doughnuts – 26g Sack Lunch Turkey Bacon Hoagie – 43g Baby Carrots & Ranch Cup – 10g Fruitables Veggie Juice – 14g Pear Cup – 16g Fresh Fruit – 16g	October 1 Breakfast Sausage Egg & Cheese Croissant-28g Lunch Italian Dunkers – 28g Marinara Cup – 12g Broccoli & Ranch Cup – 9g Fruitables Veggie Juice – 14g Strawberry Cup – 26g Fresh Fruit – 16g	2 Breakfast Apple Frudel Pastry – 36g Lunch Hot Dog - 30g Baked Beans – 24g Fruitables Veggie Juice – 14g Mandarin Oranges Cup – 16g Fresh Fruit – 16g

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 is served with breakfast daily.

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.

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