

|           | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|-----------|---|---|---|--|--|
| BREAKFAST |   |   |   |  |  |
| LUNCH     |   |   |   |  |  |
| SNACK     |   |   |   |  |  |
| BREAKFAST | 2<br>WHOLE GRAIN CEREAL<br>FRUIT ASSORTMENT<br>JUICE<br>MILK<br><b>DAY 4</b>  | 3<br>BEEF SAUSAGE AND CHEESE SANDWICH<br>FRUIT ASSORTMENT<br>JUICE<br>MILK<br><b>DAY 5</b>  | 4<br>WHOLE GRAIN CEREAL<br>FRUIT ASSORTMENT<br>JUICE<br>MILK<br><b>DAY 6</b>  | 5<br>HOMEMADE ZUCCHINI MUFFIN<br>FRUIT ASSORTMENT<br>JUICE<br>MILK<br>NAT'R VALLEY CRISPS (CINNAMON)<br>BERRY-LEMON SWIRL JUICE CUP<br><b>DAY 1</b>  | 6<br>FRENCH TOAST STICKS<br>FRUIT ASSORTMENT<br>JUICE<br>MILK<br>CHEESEBURGER OR TURKEY HOT DOG<br>SWEET POTATO CRINKLE FRIES<br>SHREDDED LETTUCE<br>SOUR CHERRY FRUIT FREEZE AND MILK<br>CHOC FROSTED MINI WHEATS<br>MILK (WHITE VARIETY)<br><b>DAY 2</b> |
| LUNCH     | SPAGHETTI AND MEATBALLS<br>GARLIC TOAST<br>BROCCOLI FLORETS<br>BANANA<br>MILK | TOMATO SOUP<br>GRILLED CHEESE SANDWICH<br>GREEN BEANS<br>STRAWBERRIES<br>MILK   | WHOLE GRAIN CHICKEN SANDWICH<br>SHREDDED LETTUCE<br>SEASONED CURLY FRIES<br>MIXED FRUIT<br>MILK   | CHILI CHEESE TAMALE<br>REFRIED BEANS<br>CARROT STICKS<br>FRESH PEAR<br>MILK  | CHEESEBURGER OR TURKEY HOT DOG<br>SWEET POTATO CRINKLE FRIES<br>SHREDDED LETTUCE<br>SOUR CHERRY FRUIT FREEZE AND MILK  |
| SNACK     | WILD WHITE NACHO DORITOS<br>MILK (WHITE VARIETY)<br><b>DAY 4</b>              | FRESH PEAR<br>MILK (WHITE VARIETY)<br><b>DAY 5</b>  | YOGURT<br>MILK (WHITE VARIETY)<br><b>DAY 6</b>  | NAT'R VALLEY CRISPS (CINNAMON)<br>BERRY-LEMON SWIRL JUICE CUP<br><b>DAY 1</b>  | CHOC FROSTED MINI WHEATS<br>MILK (WHITE VARIETY)<br><b>DAY 2</b>   |
| BREAKFAST | 9<br>WHOLE GRAIN CEREAL<br>FRUIT ASSORTMENT<br>JUICE & MILK<br><b>DAY 3</b>   | 10<br>WAFFLE AND CHICKEN SANDWICH<br>FRUIT ASSORTMENT<br>JUICE & MILK<br>"MAC AND SMACK"<br>CUCUMBER COINS WITH RANCH<br>ORANGE WEDGES<br>MILK<br><b>DAY 4</b>  | 11<br>WHOLE GRAIN CEREAL<br>FRUIT ASSORTMENT<br>JUICE & MILK<br>FRENCH BREAD CHEESE PIZZA<br>RANCH GARDEN SALAD WITH CARROTS<br>DICED PEACHES<br>MILK<br>CINNAMON GRIPZ GRAHAMS<br>MILK (WHITE VARIETY)<br><b>DAY 5</b> | 12<br>MINI MAPLE PANCAKES<br>FRUIT ASSORTMENT<br>JUICE & MILK<br><b>HOLIDAY MEAL!</b><br>BEEF TAMALE IN RED SAUCE<br>REFRIED BEANS WITH CHEESE<br>SPANISH RICE, SHREDDED LETTUCE<br>SOUR CREAM, HOMEMADE SALSA,<br>BLACK OLIVES, APPLESAUCE CUP<br>RASPBERRY-FILLED CHURRO<br>MILK<br>WHITE CHEDDAR CHEETOS<br>APPLE JUICE (6 FL OZ)<br><b>DAY 6</b> | 13<br>YOGURT AND GRANOLA<br>FRUIT ASSORTMENT<br>JUICE & MILK<br>GOLDEN QUESO NACHOS<br>CORN<br>SHREDDED LETTUCE<br>SOUR CREAM AND SALSA<br>KIWI STRAWBERRY SIDEKICK<br>MILK<br>BANANA<br>MILK (WHITE VARIETY)<br><b>DAY 1</b>                              |
| LUNCH     | PILLOW PULL APARTS<br>MARINARA SAUCE<br>CARROT STICKS<br>APPLESAUCE<br>MILK   | "MAC AND SMACK"<br>CUCUMBER COINS WITH RANCH<br>ORANGE WEDGES<br>MILK   | FRENCH BREAD CHEESE PIZZA<br>RANCH GARDEN SALAD WITH CARROTS<br>DICED PEACHES<br>MILK   | BEEF TAMALE IN RED SAUCE<br>REFRIED BEANS WITH CHEESE<br>SPANISH RICE, SHREDDED LETTUCE<br>SOUR CREAM, HOMEMADE SALSA,<br>BLACK OLIVES, APPLESAUCE CUP<br>RASPBERRY-FILLED CHURRO<br>MILK  | GOLDEN QUESO NACHOS<br>CORN<br>SHREDDED LETTUCE<br>SOUR CREAM AND SALSA<br>KIWI STRAWBERRY SIDEKICK<br>MILK  |
| SNACK     | TEDDY GRAHAMS<br>MILK (WHITE VARIETY)<br><b>DAY 3</b>                         | FRESH APPLE<br>MILK (WHITE VARIETY)<br><b>DAY 4</b>   | CINNAMON GRIPZ GRAHAMS<br>MILK (WHITE VARIETY)<br><b>DAY 5</b>  | WHITE CHEDDAR CHEETOS<br>APPLE JUICE (6 FL OZ)<br><b>DAY 6</b>   | BANANA<br>MILK (WHITE VARIETY)<br><b>DAY 1</b>   |
| BREAKFAST | 16<br>WHOLE GRAIN CEREAL<br>FRUIT ASSORTMENT<br>JUICE<br>MILK<br><b>DAY 2</b> | 17<br>BEEF SAUSAGE AND CHEESE BAGEL<br>FRUIT ASSORTMENT<br>JUICE<br>MILK<br>MANDARIN ORANGE CHICKEN<br>CHOW MEIN NOODLES<br>BROCCOLI FLORETS<br>STRAWBERRIES<br>MILK<br>CINNAMON APPLESAUCE<br>MILK (WHITE VARIETY)<br><b>DAY 3</b> | 18<br>WHOLE GRAIN CEREAL<br>FRUIT ASSORTMENT<br>JUICE<br>MILK<br>NACHO PRETZEL POCKET<br>CELERY STICKS WITH RANCH<br>DICED PEARS<br>MILK<br>BANANA<br>MILK (WHITE VARIETY)<br><b>DAY 4</b>                              | 19<br>HOMEMADE BLUEBERRY MUFFIN<br>FRUIT ASSORTMENT<br>JUICE<br>MILK<br>HOMEMADE BEEF & BEAN CHILI<br>CORNBREAD MUFFIN<br>CARROT STICKS<br>BANANA<br>MILK<br>CHEX MIX (STRAWBERRY-YOGURT)<br>MILK (WHITE VARIETY)<br><b>DAY 5</b>  | 20<br>BREAKFAST EGG AND CHEESE TAC-GO<br>FRUIT ASSORTMENT<br>JUICE<br>MILK<br>ITALIAN COMBO SANDWICH<br>SLICED CUCUMBERS<br>SNO' JOE WILD BERRY FRUIT FREEZE<br>MILK<br>FRESH PEAR<br>MILK (WHITE VARIETY)<br><b>DAY 6</b>                                 |
| LUNCH     | HOMEMADE CHEESE QUESADILLA<br>BLACK BEANS<br>SALSA<br>FRESH PEAR<br>MILK      | MANDARIN ORANGE CHICKEN<br>CHOW MEIN NOODLES<br>BROCCOLI FLORETS<br>STRAWBERRIES<br>MILK  | NACHO PRETZEL POCKET<br>CELERY STICKS WITH RANCH<br>DICED PEARS<br>MILK   | HOMEMADE BEEF & BEAN CHILI<br>CORNBREAD MUFFIN<br>CARROT STICKS<br>BANANA<br>MILK  | ITALIAN COMBO SANDWICH<br>SLICED CUCUMBERS<br>SNO' JOE WILD BERRY FRUIT FREEZE<br>MILK   |
| SNACK     | GIANT VANILLA GOLDFISH<br>ORANGE JUICE (6 fl oz)<br><b>DAY 2</b>              | CINNAMON APPLESAUCE<br>MILK (WHITE VARIETY)<br><b>DAY 3</b>   | BANANA<br>MILK (WHITE VARIETY)<br><b>DAY 4</b>  | CHEX MIX (STRAWBERRY-YOGURT)<br>MILK (WHITE VARIETY)<br><b>DAY 5</b>   | FRESH PEAR<br>MILK (WHITE VARIETY)<br><b>DAY 6</b>   |

# WINTER BREAK

**MENUS ARE SUBJECT TO CHANGE**

A choice of 1% White, Non-Fat White, Non-Fat Chocolate, Non-Fat Strawberry, and Non-Fat Vanilla milk is offered daily.

100% Apple or Orange Juice is offered daily for breakfast.

Pork will be served on the following menu items:

\*Salad Bar is offered at Middle Schools on selected days. All five food components are offered: Fruit, Vegetables, Grains, Meat/Meat Alternate, and Fluid Milk. Please check with your Café on the specific days.

**BREAKFAST**

Breakfast is currently free of charge to students due to participation in Special Assistance Programs and Breakfast in the Classroom.

|                    | DAILY      | WEEKLY        | BI-WEEKLY | MONTHLY (4 WEEKS) |
|--------------------|------------|---------------|-----------|-------------------|
| Students, Paid     | \$2.40     | \$12.00       | \$24.00   | \$48.00           |
| Students, Reduced* | \$0.40     | \$ 2.00       | \$ 4.00   | \$ 8.00           |
| Adults             | Ful \$3.55 | Mini: \$ 2.80 |           |                   |

\*Some students qualify for free or reduced meals under the U.S.D.A. guidelines.

You may complete an online application or pay for meals at <https://family.titank12.com/6TR85Q>  
Advance weekly or monthly payments are encouraged during breakfast to speed up lunch lines.