

SCHOOL MENU – SUMMER 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JUNE 23	MONDAY JUNE 24	TUESDAY JUNE 25	WEDNESDAY JUNE 26	THURSDAY JUNE 27	FRIDAY JUNE 28	SATURDAY JUNE 29
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE THREE BERRY BREAKFAST MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 SPINACH & MUSHROOM, CHEDDAR, POTATO FRITTATA FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	2 BLUEBERRY AND BANANA PANCAKE 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
1 CHICKEN CAESAR WRAP 1 CUP KALE SUMMER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 GROUND TURKEY NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	1 TURKEY SALAD OR EGG SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TUNA SALAD ON SOURDOUGH 1 CUP STRAWBERRY SPINACH GREENS SALAD WITH BALSAMIC VINAIGRETTE FRESH FRUIT ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP MACARONI SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ MEDITERRANEAN CHICKEN ½ CUP COUS COUS PILAF ½ CUP SAUTÉED KALE WITH GARLIC AND LEMON 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ. SPANISH CHICKEN AND BLACK BEAN OVER RICE BOWL ½ CUP BROWN RICE ½ CUP SAUTÉED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF LASAGNA ROLL ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF BROWN RICE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ STEAK QUESADILLA ½ CUPS VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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SCHOOL MENU – SUMMER 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JUNE 30	MONDAY JULY 1	TUESDAY JULY 2	WEDNESDAY JULY 3	THURSDAY JULY 4	FRIDAY JULY 5	SATURDAY JULY 6
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP TRIPLE BERRY OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT BANANA ½ PT MILK ½ PT OJ	1 SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 STUFFED FRENCH TOAST 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, HAM AND SWISS ON A WHOLE WHEAT ENGLISH MUFFIN ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 HOT OATMEAL COCONUT AND BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	3 OZ SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GINGER PEACH MEATBALLS BOWL ½ CUP COCONUT AND PINEAPPLE RICE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BRUSCHETTA CHICKEN SANDWICH ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BBQ BEEF SLIDERS ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	5 OZ CHEESE TORTELLINI IN A CREAMY BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ PULLED CHICKEN ENCHILADAS ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 JERK SLOW ROAST PORK TACO ½ CUP PINEAPPLE SALSA ½ CUP STREET MEXICAN CORN SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN PARMESAN WITH PENNE PASTA ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN CAESAR SALAD PIZZA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 HERB AND GARLIC WILD SALMON ½ CUP BROCCOLI AND CARROT ½ BROWN RICE FRESH FRUIT 1 CUP OF SALAD ½ PT MILK	6 OZ SPAGHETTI AND MEATBALLS ½ CUP PASTA ½ CUP BROCCOLI 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – SUMMER 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JULY 7	MONDAY JULY 8	TUESDAY JULY 9	WEDNESDAY JULY 10	THURSDAY JULY 11	FRIDAY JULY 12	SATURDAY JULY 13
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES BANANA 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS MIXED BERRY COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG W/ ROSEMARY, TOMATO, , FETA AND A WHOLE WHEAT ENGLISH MUFFIN FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT BANANA ½ PT MILK ½ PT OJ	1 HOMEMADE OATMEAL SQUARE WITH A YOGURT SMOOTHIE ½ CUP FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER SWEET POTATO HASH ½ CUP SWEET POTATO HASH 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 NASHVILLE GRILLED CHICKEN SLIDERS ½ CUP FRIES ½ CUP SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO HAMBURGERS ½ CUP SWEET POTATO FRIES 1 CUP OF MIXED GREEN SALAD WITH WHITE BALSAMIC DRESSING FRESH FRUIT ½ PT MILK	1 SOURDOUGH GRILLED HAM AND CHEESE SANDWICH 1 CUP OF BRUSSEL SPROUTS SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ PIZZA ½ CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SPICED WILD SALMON COBB SALAD WITH AVOCADO RANCH DRESSING 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	DELI BAR TUNA OR CHICKEN SALAD, ROAST BEEF/HAM/ASSORTED CHEESES, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
1 PEPPERONI CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	8 OZ. SUMMER GNOCCHI WITH BASIL BROWN BUTTER ½ CUP BABY CARROTS AND CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN AND VEGETABLE LO MEIN ½ CUP BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROTINI AND BOLOGNESE SAUCE 1 CUP PASTA 1 CUP TRI COLOR PEPPERS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP BROCCOLI 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 STEAK & CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JULY 14	MONDAY JULY 15	TUESDAY JULY 16	WEDNESDAY JULY 17	THURSDAY JULY 18	FRIDAY JULY 19	SATURDAY JULY 20
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE THREE BERRY BREAKFAST MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 SPINACH & MUSHROOM, CHEDDAR, POTATO FRITTATA FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	2 BLUEBERRY AND BANANA PANCAKE 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
1 CHICKEN CAESAR WRAP 1 CUP KALE SUMMER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 GROUND TURKEY NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	1 TURKEY SALAD OR EGG SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TUNA SALAD ON SOURDOUGH 1 CUP STRAWBERRY SPINACH GREENS SALAD WITH BALSAMIC VINAIGRETTE FRESH FRUIT ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP MACARONI SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ MEDITERRANEAN CHICKEN ½ CUP COUS COUS PILAF ½ CUP SAUTÉED KALE WITH GARLIC AND LEMON 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ. SPANISH CHICKEN AND BLACK BEAN OVER RICE BOWL ½ CUP BROWN RICE ½ CUP SAUTÉED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF LASAGNA ROLL ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF BROWN RICE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ STEAK QUESADILLA ½ CUPS VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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SCHOOL MENU – SUMMER 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JULY 21	MONDAY JULY 22	TUESDAY JULY 23	WEDNESDAY JULY 24	THURSDAY JULY 25	FRIDAY JULY 26	SATURDAY JULY 27
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP TRIPLE BERRY OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT BANANA ½ PT MILK ½ PT OJ	1 SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 STUFFED FRENCH TOAST 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, HAM AND SWISS ON A WHOLE WHEAT ENGLISH MUFFIN ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 HOT OATMEAL COCONUT AND BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	3 OZ SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GINGER PEACH MEATBALLS BOWL ½ CUP COCONUT AND PINEAPPLE RICE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BRUSCHETTA CHICKEN SANDWICH ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BBQ BEEF SLIDERS ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	5 OZ CHEESE TORTELLINI IN A CREAMY BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ PULLED CHICKEN ENCHILADAS ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 JERK SLOW ROAST PORK TACO ½ CUP PINEAPPLE SALSA ½ CUP STREET MEXICAN CORN SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN PARMESAN WITH PENNE PASTA ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN CAESAR SALAD PIZZA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 HERB AND GARLIC WILD SALMON ½ CUP BROCCOLI AND CARROT ½ BROWN RICE FRESH FRUIT 1 CUP OF SALAD ½ PT MILK	6 OZ SPAGHETTI AND MEATBALLS ½ CUP PASTA ½ CUP BROCCOLI 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – SUMMER 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JULY 28	MONDAY JULY 29	TUESDAY JULY 30	WEDNESDAY JULY 31	THURSDAY AUGUST 1	FRIDAY AUGUST 2	SATURDAY AUGUST 3
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES BANANA 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS MIXED BERRY COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG W/ ROSEMARY, TOMATO, , FETA ON A WHOLE WHEAT ENGLISH MUFFIN FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT BANANA ½ PT MILK ½ PT OJ	1 HOMEMADE OATMEAL SQUARE WITH A YOGURT SMOOTHIE ½ CUP FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER SWEET POTATO HASH ½ CUP SWEET POTATO HASH 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 NASHVILLE GRILLED CHICKEN SLIDERS ½ CUP FRIES ½ CUP SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO HAMBURGERS ½ CUP SWEET POTATO FRIES 1 CUP OF MIXED GREEN SALAD WITH WHITE BALSAMIC DRESSING FRESH FRUIT ½ PT MILK	1 SOURDOUGH GRILLED HAM AND CHEESE SANDWICH 1 CUP OF BRUSSEL SPROUTS SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ PIZZA ½ CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SPICED WILD SALMON COBB SALAD WITH AVOCADO RANCH DRESSING 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	DELI BAR TUNA OR CHICKEN SALAD, ROAST BEEF/HAM/ASSORTED CHEESES, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
1 PEPPERONI CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	8 OZ. SUMMER GNOCCHI WITH BASIL BROWN BUTTER ½ CUP BABY CARROTS AND CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN AND VEGETABLE LO MEIN ½ CUP BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROTINI AND BOLOGNESE SAUCE 1 CUP PASTA 1 CUP TRI COLOR PEPPERS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP BROCCOLI 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 STEAK & CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – SUMMER 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY AUGUST 4	MONDAY AUGUST 5	TUESDAY AUGUST 6	WEDNESDAY AUGUST 7	THURSDAY AUGUST 8	FRIDAY AUGUST 9	SATURDAY AUGUST 10
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE THREE BERRY BREAKFAST MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 SPINACH & MUSHROOM, CHEDDAR, POTATO FRITTATA FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	2 BLUEBERRY AND BANANA PANCAKE 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
1 CHICKEN CAESAR WRAP 1 CUP KALE SUMMER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 GROUND TURKEY NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	1 TURKEY SALAD OR EGG SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TUNA SALAD ON SOURDOUGH 1 CUP STRAWBERRY SPINACH GREENS SALAD WITH BALSAMIC VINAIGRETTE FRESH FRUIT ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP MACARONI SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ MEDITERRANEAN CHICKEN ½ CUP COUS COUS PILAF ½ CUP SAUTÉED KALE WITH GARLIC AND LEMON 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ. SPANISH CHICKEN AND BLACK BEAN OVER RICE BOWL ½ CUP BROWN RICE ½ CUP SAUTÉED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF LASAGNA ROLL ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF BROWN RICE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ STEAK QUESADILLA ½ CUPS VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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SCHOOL MENU – SUMMER 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY AUGUST 11	MONDAY AUGUST 12	TUESDAY AUGUST 13	WEDNESDAY AUGUST 14	THURSDAY AUGUST 15	FRIDAY AUGUST 16	SATURDAY AUGUST 17
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP TRIPLE BERRY OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT BANANA ½ PT MILK ½ PT OJ	1 SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 STUFFED FRENCH TOAST 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, HAM AND SWISS ON A WHOLE WHEAT ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 HOT OATMEAL COCONUT AND BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	3 OZ SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GINGER PEACH MEATBALLS BOWL ½ CUP COCONUT AND PINEAPPLE RICE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BRUSCHETTA CHICKEN SANDWICH ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BBQ BEEF SLIDERS ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	5 OZ CHEESE TORTELLINI IN A CREAMY BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ PULLED CHICKEN ENCHILADAS ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 JERK SLOW ROAST PORK TACO ½ CUP PINEAPPLE SALSA ½ CUP STREET MEXICAN CORN SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN PARMESAN WITH PENNE PASTA ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN CAESAR SALAD PIZZA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 HERB AND GARLIC CHICKEN ½ CUP BROCCOLI AND CARROT ½ BROWN RICE FRESH FRUIT 1 CUP OF SALAD ½ PT MILK	6OZ SPAGHETTI AND MEATBALLS ½ CUP PASTA ½ CUP BROCCOLI 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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SCHOOL MENU – SUMMER 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY AUGUST 18	MONDAY AUGUST 19	TUESDAY AUGUST 20	WEDNESDAY AUGUST 21	THURSDAY AUGUST 22	FRIDAY AUGUST 23	SATURDAY AUGUST 24
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES BANANA 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS MIXED BERRY COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG W/ ROSEMARY, TOMATO, , FETA AND A WHOLE WHEAT ENGLISH MUFFIN FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT BANANA ½ PT MILK ½ PT OJ	1 HOMEMADE OATMEAL SQUARE WITH A YOGURT SMOOTHIE ½ CUP FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER SWEET POTATO HASH ½ CUP SWEET POTATO HASH 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 NASHVILLE GRILLED CHICKEN SLIDERS ½ CUP FRIES ½ CUP SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO HAMBURGERS ½ CUP SWEET POTATO FRIES 1 CUP OF MIXED GREEN SALAD WITH WHITE BALSAMIC DRESSING FRESH FRUIT ½ PT MILK	1 SOURDOUGH GRILLED HAM AND CHEESE SANDWICH 1 CUP OF BRUSSEL SPROUT SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ PIZZA ½ CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SPICED WILD SALMON COBB SALAD WITH AVOCADO RANCH DRESSING 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	DELI BAR TUNA OR CHICKEN SALAD, ROAST BEEF/HAM/ASSORTED CHEESES, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
1 PEPPERONI CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	8 OZ. SUMMER GNOCCHI WITH BASIL BROWN BUTTER ½ CUP BABY CARROTS AND CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN AND VEGETABLE LO MEIN ½ CUP BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROTINI AND BOLOGNESE SAUCE 1 CUP PASTA 1 CUP TRI COLOR PEPPERS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP BROCCOLI 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 STEAK & CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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SCHOOL MENU – SUMMER 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY AUGUST 25	MONDAY AUGUST 26	TUESDAY AUGUST 27	WEDNESDAY AUGUST 28	THURSDAY AUGUST 29	FRIDAY AUGUST 30	SATURDAY AUGUST 31
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE THREE BERRY BREAKFAST MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 SPINACH & MUSHROOM, CHEDDAR, POTATO FRITTATA FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	2 BLUEBERRY AND BANANA PANCAKE 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
1 CHICKEN CAESAR WRAP 1 CUP KALE SUMMER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 GROUND TURKEY NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	1 TURKEY SALAD OR EGG SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TUNA SALAD ON SOURDOUGH 1 CUP STRAWBERRY SPINACH GREENS SALAD WITH BALSAMIC VINAIGRETTE FRESH FRUIT ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP MACARONI SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ MEDITERRANEAN CHICKEN ½ CUP COUS COUS PILAF ½ CUP SAUTÉED KALE WITH GARLIC AND LEMON 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ. SPANISH CHICKEN AND BLACK BEAN OVER RICE BOWL ½ CUP BROWN RICE ½ CUP SAUTÉED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF LASAGNA ROLL ½ CUP ROASTED CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF BROWN RICE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ STEAK QUESADILLA ½ CUPS VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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SCHOOL MENU – SUMMER 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 1	MONDAY SEP 2	TUESDAY SEP 3	WEDNESDAY SEP 4	THURSDAY SEP 5	FRIDAY SEP 6	SATURDAY SEP 7
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP TRIPLE BERRY OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT BANANA ½ PT MILK ½ PT OJ	1 SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 STUFFED FRENCH TOAST 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, HAM AND SWISS ON A WHOLE WHEAT ENGLISH MUFFIN ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 HOT OATMEAL COCONUT AND BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	3 OZ SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GINGER PEACH MEATBALLS BOWL ½ CUP COCONUT AND PINEAPPLE RICE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BRUSCHETTA CHICKEN SANDWICH ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BBQ BEEF SLIDERS ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	5 OZ CHEESE TORTELLINI IN A CREAMY BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ PULLED CHICKEN ENCHILADAS ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 JERK SLOW ROAST PORK TACO ½ CUP PINEAPPLE SALSA ½ CUP STREET MEXICAN CORN SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN PARMESAN WITH PENNE PASTA ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN CAESAR SALAD PIZZA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 HERB AND GARLIC SALMON ½ CUP BROCCOLI AND CARROT ½ BROWN RICE FRESH FRUIT 1 CUP OF SALAD ½ PT MILK	6OZ SPAGHETTI AND MEATBALLS ½ CUP PASTA ½ CUP BROCCOLI 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – SUMMER 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 8	MONDAY SEP 9	TUESDAY SEP 10	WEDNESDAY SEP 11	THURSDAY SEP 12	FRIDAY SEP 13	SATURDAY SEP 14 4
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES BANANA 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS MIXED BERRY COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG SANDWICH W/ ROSEMARY, TOMATO, FETA, ON A WHOLE WHEAT ENGLISH MUFFIN FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT BANANA ½ PT MILK ½ PT OJ	1 HOMEMADE OATMEAL SQUARE WITH A YOGURT SMOOTHIE ½ CUP FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER SWEET POTATO HASH ½ CUP SWEET POTATO HASH 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 NASHVILLE GRILLED CHICKEN SLIDERS ½ CUP FRIES ½ CUP SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO HAMBURGERS ½ CUP SWEET POTATO FRIES 1 CUP OF MIXED GREEN SALAD WITH WHITE BALSAMIC DRESSING FRESH FRUIT ½ PT MILK	1 SOURDOUGH GRILLED HAM AND CHEESE SANDWICH 1 CUP OF BRUSSEL SPROUT SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ PIZZA ½ CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SPICED WILD SALMON COBB SALAD WITH AVOCADO RANCH DRESSING 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	DELI BAR TUNA OR CHICKEN SALAD, ROAST BEEF/HAM/ASSORTED CHEESES, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
1 PEPPERONI CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	8 OZ. SUMMER GNOCCHI WITH BASIL BROWN BUTTER ½ CUP BABY CARROTS AND CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN AND VEGETABLE LO MEIN ½ CUP BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROTINI AND BOLOGNESE SAUCE 1 CUP PASTA 1 CUP TRI COLOR PEPPERS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP BROCCOLI 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 STEAK & CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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