

SCHOOL MENU – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MARCH 23	MONDAY MARCH 24	TUESDAY MARCH 25	WEDNESDAY MARCH 26	THURSDAY MARCH 27	FRIDAY MARCH 28	SATURDAY MARCH 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 CARROT AND RAISIN OAT MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 HAM AND CHEESE EGG BITES 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BERRIES 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
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ BACON AND RANCH HAMBURGER 1 CUP CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ MINISTRONE SOUP 1 BUFFALO CHICKEN FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER AND GARLIC GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ FISH FILET SANDWICH ½ CUP COLE SLAW FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ SOUP OF THE DAY DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TERIYAKI BEEF ½ CUP RICE ¼ CUP STIR FRY VEGETABLES 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	1. BEEF POT PIE ½ CUP SAUTÉED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA ½ CUPS ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 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 – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MARCH 30	MONDAY MARCH 31	TUESDAY APRIL 1	WEDNESDAY APRIL 2	THURSDAY APRIL 3	FRIDAY APRIL 4	SATURDAY APRIL 5
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 APPLE SPICE OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	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, CHORIZO AND PEPPER JACK CHEESE ON A KOSHER ROLL 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	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 BAKED ZITI 1 CUP OF ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 CHICKEN TENDERS 1 CUP OF ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MAC AND CHEESE BOWL WITH ASSORTED TOPPING ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 TURKEY AND CHEDDAR ON A ROLL WITH AVOCADO MAYO 1 CUP ROASTED VEGETABLE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHEESE TORTELLINI IN A CREAMY BASIL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SWEET AND SAVORY BAKED SALMON ½ CUP RICE 1 CUP OF ASIAN SPICED CUCUMBER SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	1 CHICKEN PARMESAN ON A WEDGE 1 CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ BYO BURGER BAR WITH ASSORTED TOPPINGS 1 CUP WEDGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED PORK CHOPS ½ CUP OF PARMESAN ROASTED POTATO WEDGES ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ VEGGIE AND KALE DUMPLINGS OR CHICKEN DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SAUSAGE AND PEPPER PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ GROUND TURKEY PASTA BOWL ½ CUP PASTA ½ CUP VEGETABLE MEDLEY 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD 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 – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY APRIL 6	MONDAY APRIL 7	TUESDAY APRIL 8	WEDNESDAY APRIL 9	THURSDAY APRIL 10	FRIDAY APRIL 11	SATURDAY APRIL 12
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT CROISSANT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE APPLE AND OAT MUFFIN 2 VEGGIE SAUSAGE ½ CUP FRESH BERRIES ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 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	6 OZ GARLIC AND GINGER CHICKEN ½ CUP VEGETABLE STIR FRY ½ CUP RICE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SOURDOUGH GRILLED CHEESE AND BACON SANDWICH ½ CUP OF BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ RIGATONI WITH BEEF BOLOGNESE ½ CUP GREEN BEANS 1 WHOLE GRAIN GARLIC STICK 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 ITALIAN GRILLED CHICKEN MELT ON A WHEAT BUN 1 CUP HOUSE CHOPPED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ Po' BOY FISH SANDWICH ½ CUP POTATO WEDGES ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF BAKED POTATO ½ CUP OF ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 1 CUP OF 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 – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY APRIL 13	MONDAY APRIL 14	TUESDAY APRIL 15	WEDNESDAY APRIL 16	THURSDAY APRIL 17	FRIDAY APRIL 18	SATURDAY APRIL 19
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP ROASTED CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 ROASTED TURKEY, CHEDDAR CHEESE , SLICED APPLES ,ARUGULA WITH FIG SPREAD ON A CIABATTA ROLL 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF MEATBALL AND SPAGHETTI ½ CUP PASTA ½ CUP CAESAR SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 MAPLE BBQ GRILLED CHICKEN SANDWICH 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 FOCACCIA PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 1 CUP. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF MEATLOAF ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. ASIAN GLAZED GINGER CHICKEN RICE BOWL ½ CUP CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF 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 – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY APRIL 20	MONDAY APRIL 21	TUESDAY APRIL 22	WEDNESDAY APRIL 23	THURSDAY APRIL 24	FRIDAY APRIL 25	SATURDAY APRIL 26
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 CARROT AND RAISIN OAT MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 HAM AND CHEESE EGG BITES 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BERRIES 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
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ BACON AND RANCH HAMBURGER 1 CUP CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BUFFALO CHICKEN FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER AND GARLIC GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ FISH FILET SANDWICH ½ CUP COLE SLAW FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TERIYAKI BEEF ½ CUP RICE ¼ CUP STIR FRY VEGETABLES 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	1. TURKEY POT PIE ½ CUP SAUTÉED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA ½ CUPS ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF 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 – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY APRIL 27	MONDAY APRIL 28	TUESDAY APRIL 29	WEDNESDAY APRIL 30	THURSDAY MAY 1	FRIDAY MAY 2	SATURDAY MAY 3
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 APPLE SPICE OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	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, CHORIZO AND PEPPER JACK CHEESE ON A KOSHER ROLL 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	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 BAKED ZITI 1 CUP OF ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 CHICKEN TENDERS 1 CUP OF ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MAC AND CHEESE BOWL WITH ASSORTED TOPPING ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 TURKEY AND CHEDDAR ON A ROLL WITH AVOCADO MAYO 1 CUP ROASTED VEGETABLE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHEESE TORTELLINI IN A CREAMY BASIL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SWEET AND SAVORY BAKED SALMON ½ CUP RICE 1 CUP OF ASIAN SPICED CUCUMBER SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	1 CHICKEN PARMESAN ON A WEDGE 1 CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ BYO BURGER BAR WITH ASSORTED TOPPINGS 1 CUP WEDGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED PORK CHOPS ½ CUP OF PARMESAN ROASTED POTATO WEDGES ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ VEGGIE AND KALE DUMPLINGS OR CHICKEN DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SAUSAGE AND PEPPER PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ GROUND TURKEY PASTA BOWL ½ CUP PASTA ½ CUP VEGETABLE MEDLEY 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD 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 – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAY 4	MONDAY MAY 5	TUESDAY MAY 6	WEDNESDAY MAY 7	THURSDAY MAY 8	FRIDAY MAY 9	SATURDAY MAY 10
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT CROISSANT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE APPLE AND OAT MUFFIN 2 VEGGIE SAUSAGE ½ CUP FRESH BERRIES ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 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	6 OZ CHICKEN QUESADILLAS ½ CUP CHIPS AND SALSA ½ CUP GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD 3 OZ CHURRO BITES FRESH FRUIT ½ PT MILK	1 SOURDOUGH GRILLED CHEESE AND BACON SANDWICH ½ CUP OF BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ RIGATONI WITH BEEF BOLOGNESE ½ CUP GREEN BEANS 1 WHOLE GRAIN GARLIC STICK 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 ITALIAN GRILLED CHICKEN MELT ON A WHEAT BUN 1 CUP HOUSE CHOPPED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ Po' BOY FISH SANDWICH ½ CUP POTATO WEDGES ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF BAKED POTATO ½ CUP OF ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 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 – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAY 11	MONDAY MAY 12	TUESDAY MAY 13	WEDNESDAY MAY 14	THURSDAY MAY 15	FRIDAY MAY 16	SATURDAY MAY 17
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP ROASTED CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 ROASTED TURKEY, CHEDDAR CHEESE , SLICED APPLES ,ARUGULA WITH FIG SPREAD ON A CIABATTA ROLL 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF MEATBALL AND SPAGHETTI ½ CUP PASTA ½ CUP CAESAR SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 MAPLE BBQ GRILLED CHICKEN SANDWICH 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 FOCACCIA PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 1 CUP. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF MEATLOAF ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. ASIAN GLAZED GINGER CHICKEN RICE BOWL ½ CUP CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF 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 – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAY 18	MONDAY MAY 19	TUESDAY MAY 20	WEDNESDAY MAY 21	THURSDAY MAY 22	FRIDAY MAY 23	SATURDAY MAY 24
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 CARROT AND RAISIN OAT MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 HAM AND CHEESE EGG BITES 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BERRIES 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
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ BACON AND RANCH HAMBURGER 1 CUP CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BUFFALO CHICKEN FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER AND GARLIC GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ FISH FILET SANDWICH ½ CUP COLE SLAW FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TERIYAKI BEEF ½ CUP RICE ¼ CUP STIR FRY VEGETABLES 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	1. BEEF POT PIE ½ CUP SAUTÉED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA ½ CUPS ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF 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 – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAY 25	MONDAY MAY 26	TUESDAY MAY 27	WEDNESDAY MAY 28	THURSDAY MAY 29	FRIDAY MAY 30	SATURDAY MAY 31
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 APPLE SPICE OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	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, CHORIZO AND PEPPER JACK CHEESE ON A KOSHER ROLL 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	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 BAKED ZITI 1 CUP OF ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 CHICKEN TENDERS 1 CUP OF ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MAC AND CHEESE BOWL WITH ASSORTED TOPPING ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 TURKEY AND CHEDDAR ON A ROLL WITH AVOCADO MAYO 1 CUP ROASTED VEGETABLE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHEESE TORTELLINI IN A CREAMY BASIL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SWEET AND SAVORY BAKED SALMON ½ CUP RICE 1 CUP OF ASIAN SPICED CUCUMBER SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	1 CHICKEN PARMESAN ON A WEDGE 1 CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ BYO BURGER BAR WITH ASSORTED TOPPINGS 1 CUP WEDGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED PORK CHOPS ½ CUP OF PARMESAN ROASTED POTATO WEDGES ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ VEGGIE AND KALE DUMPLINGS OR CHICKEN DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SAUSAGE AND PEPPER PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ GROUND TURKEY PASTA BOWL ½ CUP PASTA ½ CUP VEGETABLE MEDLEY 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD 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 – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JUNE 1	MONDAY JUNE 2	TUESDAY JUNE 3	WEDNESDAY JUNE 4	THURSDAY JUNE 5	FRIDAY JUNE 6	SATURDAY JUNE 7
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT CROISSANT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE APPLE AND OAT MUFFIN 2 VEGGIE SAUSAGE ½ CUP FRESH BERRIES ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 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	6 OZ CHICKEN QUESADILLAS ½ CUP CHIPS AND SALSA ½ CUP GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD 3 OZ CHURRO BITES FRESH FRUIT ½ PT MILK	1 SOURDOUGH GRILLED CHEESE AND BACON SANDWICH ½ CUP OF BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ RIGATONI WITH BEEF BOLOGNESE ½ CUP GREEN BEANS 1 WHOLE GRAIN GARLIC STICK 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 ITALIAN GRILLED CHICKEN MELT ON A WHEAT BUN 1 CUP HOUSE CHOPPED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ Po' BOY FISH SANDWICH ½ CUP POTATO WEDGES ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF BAKED POTATO ½ CUP OF ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 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 – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JUNE 8	MONDAY JUNE 9	TUESDAY JUNE 10	WEDNESDAY JUNE 11	THURSDAY JUNE 12	FRIDAY JUNE 13	SATURDAY JUNE 14
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	6 OZ QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP ROASTED CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 ROASTED TURKEY, CHEDDAR CHEESE , SLICED APPLES ,ARUGULA WITH FIG SPREAD ON A CIABATTA ROLL 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF MEATBALL AND SPAGHETTI ½ CUP PASTA ½ CUP CAESAR SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 MAPLE BBQ GRILLED CHICKEN SANDWICH 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 FOCACCIA PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 1 CUP. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF MEATLOAF ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. ASIAN GLAZED GINGER CHICKEN RICE BOWL ½ CUP CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF 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 – SPRING 2025

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JUNE 15	MONDAY JUNE 16	TUESDAY JUNE 17	WEDNESDAY JUNE 18	THURSDAY JUNE 19	FRIDAY JUNE 20	SATURDAY JUNE 21
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 CARROT AND RAISIN OAT MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 HAM AND CHEESE EGG BITES 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BERRIES 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
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ BACON AND RANCH HAMBURGER 1 CUP CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BUFFALO CHICKEN FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER AND GARLIC GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ FISH FILET SANDWICH ½ CUP COLE SLAW FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TERIYAKI BEEF ½ CUP RICE ¼ CUP STIR FRY VEGETABLES 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	1. TURKEY POT PIE ½ CUP SAUTÉED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA ½ CUPS ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 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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