

HIGH SCHOOL Breakfast & Lunch Menu 2022-2023

-Breakfast is served daily with a choice of fresh fruits & 1% White Milk or Fat Free Chocolate Milk.
 -Lunch is served daily with a choice of fresh fruits & vegetables & 1% White Milk or Fat Free Chocolate Milk.
 -Students Must take 1/2 cup of fruit for breakfast and 1/2 cup of fruit and/or vegetables for lunch per the C.D.E guidelines.
 -Every student is offered One free breakfast & One free lunch every day.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>House-Made:</u> Croissant Sandwich w/Egg, Sausage & Cheese Blueberry Muffin Chocolate Chip Muffin	<u>House-Made:</u> Yogurt Cup w/Fruit & Granola Banana Bread Everything Bagel & Cream Cheese	<u>House-Made:</u> English Muffin Sandwich w/Egg, Sausage & Cheese Chocolate or Glazed Donut	<u>House-Made:</u> Breakfast Burrito w/Egg, Tater Tots, Bacon & Cheese Pop Tart Variety Apple Cinnamon Muffin	Tornado, Egg, Cheese & Turkey Sausage Bagel & Cream Cheese Chocolate or Glazed Donut

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Breakfast for Lunch</u> Pancakes or Waffles w/Sausage & Hash Brown Protein Pack Lunch w/Muffin, Yogurt, String Cheese & Sunflower Seeds	<u>House-Made:</u> Chicken Caesar Salad w/Parmesan Cheese, Croutons & Dressing BBQ Rib Sandwich Bean & Cheese Burrito	Alfredo Penne Pasta w/Breadstick Big Daddy Stuffed Pepperoni & Cheese Sandwich Cheeseburger w/Lettuce, Pickles & Tomato	Beef Hot Dog w/Chips Big Daddy Pepperoni Pizza Cheesy Bosco Sticks w/Parmesan Cheese & Marinara Sauce	Big Daddy Cheese Pizza Chicken Filet Sandwich w/Lettuce, Pickles & Tomato