

Monday	Tuesday	Wednesday	Thursday	Friday
Milk---\$.45 K-5 Breakfast---\$1.60 6-8 Breakfast---\$1.65 9-12 Breakfast---\$1.75 Adult Breakfast---\$2.35 K-5 Lunch---\$2.45 6-8 Lunch---\$2.75 9-12 Lunch---\$2.80 Adult Lunch---\$3.85		12 Breakfast Blueberry Muffin & Yogurt – 30g.	13 Breakfast Ham, Egg & Cheese Wrap – 28g Lunch Crispy Chicken Patty Sandwich – 40g OR Salad with Egg & Cheese – 39g French Fries - 17g Fresh Vegetables – 5g Pineapple – 15g	14 Breakfast Glazed Cinnamon Roll – 56g Lunch French Toast Sticks – 35g Sausage Sticks – 1g OR Yogurt, Cheese Stick & Bagel – 52g Hash Brown Rounds – 15g Fresh Vegetables – 5g Orange Wedges – 8g
17 Breakfast Cereal Bar & Hard-Boiled Egg – 31g Lunch French Bread Pizza—36g OR Yogurt, Cheese Stick & Bagel – 52g Green Beans – 5g Fresh Vegetables – 5g Mandarin Oranges—22g	18 Breakfast Bagel & Cream Cheese – 31g Lunch Sloppy Joe – 30g OR Crispy Chicken Salad – 41g Carrots – 6g Fresh Vegetables – 5g Watermelon – 7g	19 Breakfast Mini Doughnuts – 26g Lunch Chicken Nuggets & Roll – 30g OR Yogurt, Cheese Stick & Bagel – 52g Baked Beans – 24g Fresh Vegetables – 5g Applesauce – 12g	20 Breakfast Sausage, Egg & Cheese Croissant –28g Lunch Macaroni & Cheese – 29g OR Taco Salad – 41g Peas – 10g Fresh Vegetables – 5g Strawberries – 38g	21 Breakfast Apple Frudel Pastry – 36g Lunch Beef & Bean Burrito – 47g OR Yogurt, Cheese Stick & Bagel – 52g <i>New</i> - Fiesta Black Beans – 12g Fresh Vegetables – 5g Banana – 27g
24 Breakfast Pop Tart & Hard-Boiled Egg – 37g Lunch Hamburger/Cheeseburger – 28g OR Yogurt, Cheese Stick & Bagel – 52g Sweet Potato Waffle Fries – 24g Fresh Vegetables – 5g Pears – 12g	25 Breakfast Pancake Wrapped Sausage Stick –18g Lunch Beef Soft Tacos – 26g OR Chef Salad – 40g Lettuce-Tomatoes-Salsa – 5g Pintos & Cheese – 40g Fresh Vegetables – 5g Cantaloupe – 11g	26 Breakfast Blueberry Muffin & Yogurt – 30g Lunch Italian Dunkers & Marinara Sauce – 40g OR Yogurt, Cheese Stick & Bagel – 52g House Salad – 5g Fresh Vegetables – 5g Grapes – 10g	27 Breakfast Ham, Egg & Cheese Wrap – 28g Lunch Turkey & Gravy & Ciabatta Roll –40g OR Salad with Egg & Cheese – 39g Mashed Potatoes – 18g Fresh Vegetables – 5g Mixed Berry Cup – 20g	28 Breakfast Glazed Cinnamon Roll – 56g Lunch BBQ Pork on Bun – 54g OR Yogurt, Cheese Stick & Bagel – 52g <i>New</i> - Sweet Kale Salad – 19g Fresh Vegetables – 5g Apple Wedges – 8g
31 Breakfast Cereal Bar & Hard-Boiled Egg – 31g Lunch Orange Chicken over Rice -60g OR Yogurt, Cheese Stick & Bagel – 52g Edamame – 5g Fresh Vegetables – 5g Pineapple –15g	September 1 Breakfast Bagel & Cream Cheese – 31g Lunch Grilled Cheese -30g OR Crispy Chicken Salad – 41g Baby Carrots – 6g Fresh Vegetables -5g Orange Wedges – 8g	2 Breakfast Mini Doughnuts – 26g Lunch Hot Dog on Bun - 21g OR Yogurt, Cheese Stick & Bagel - 52g French Fries 17g Fresh Vegetables -5g Watermelon -7g	3 Breakfast Sausage, Egg & Cheese Croissant –28g Lunch Spaghetti & Meat Sauce – 29g Garlic Toast – 17g OR Taco Salad – 41g Tossed Salad – 5g Fresh Vegetables – 5g Peaches - 12g	4 Breakfast Apple Frudel Pastry – 36g Lunch Chicken Fajitas – 21g OR Yogurt, Cheese Stick & Bagel – 52g Peppers & Onions – 6g Fresh Vegetables -5g Tropical Mixed Fruit – 15g

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 are served daily with breakfast.

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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