

Monday
Tuesday
Wednesday
Thursday
Friday


Breakfast **6**
 Warm Muffin
Lunch
 Buffalo or BBQ Chicken Wrap
 Tossed Salad

Breakfast **7**
 Warm Pop Tart w/cheese Stk
Lunch
 Texas Rice
 Raw Carrots

Breakfast **8**
 Hot Breakfast
 Sandwich
Lunch
 Philly On a Bun
 Green Beans

Breakfast **9**
 Bagel
 w/Cream Cheese
Lunch
 Brunch 4 Lunch
 Roasted Chickpeas

Breakfast **10**
 Cereal
 or Cereal Bar
Lunch
 Cheese Pizza
 Steamed Broccoli

Breakfast **13**
 Warm Muffin
Lunch
 Pasta w/Marinara Cheese
 Stick
 Cooked Carrots

Breakfast **14**
 Warm
 Pop Tart w/cheese stk.
Lunch
 Warm Ham & Cheese Bagel
 Steamed Broccoli

Breakfast **15**
 Hot Breakfast
 Sandwich
Lunch
 Fish Stick w/Tartar Sauce
 French Fries

Breakfast **16**
 Bagel
 w/Cream Cheese
Lunch
 Taco Wrap
 Warm Seasoned Black Beans

17
 No School
 Conference
 day

Breakfast **20**
 Warm Muffin
Lunch
 Meatball Sub
 Green Beans

Breakfast **21**
 Warm
 Pop Tart w/cheese stk.
Lunch
 Hot Dog on a Bun
 BBQ Beans

Breakfast **22**
 Hot Breakfast
 Sandwich
Lunch
 Chicken/Chili Nachos
 Carrots

Breakfast **23**
 Bagel w/Cream Cheese
Lunch
 Goulash
 Tossed Salad

Breakfast **24**
 Cereal
 or Cereal Bar
Lunch
 Cheese Pizza
 Steamed Broccoli

Breakfast **27**
 Warm
 Muffin
Lunch
 Chicken/Chili Nacho
 Green Beans

Breakfast **28**
 Warm
 Pop Tart w/cheese stk.
Lunch
 Hamburger Casserole
 Cooked Carrots

Breakfast **29**
 Hot Breakfast
 Sandwich
Lunch
 Chicken & Veggies over
 Steamed Brown Rice

Breakfast **30**
 Bagel
 w/Cream Cheese
Lunch
 Sloppy Joe on a Bun
 Roasted Chickpeas

Breakfast **31**
 Cereal
 or Cereal Bar
Lunch
 Cheese Pizza
 Steamed Broccoli

All Breakfast offer milk, fruit, 100% juice **ALL Lunches** offer Vegetable, Fruit, Milk Daily: Peanut butter & Jelly, Sandwich of the day, Mon.-Fri, Garden Salad M-W-F Tiger Pack T-TH
 Get your application from main office or our website, ALL Breakfast/Lunch meals are **no longer free** to all. Second lunches are \$1.75.
 Milk (8oz.) 1% white or Fat Free Chocolate. \$55 Menu subject to change.

No charging of snacks unless there is money on students account. Any questions feel free to contact Pat Metzler 518-794-7600 ,opt.2 ,opt.7