

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 Hot Turkey & Biscuit Sweet Corn	Breakfast 2 Bagel w/Cream Cheese Lunch Mac n Cheese Carrots & Roast Chickpeas	Breakfast 3 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 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 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 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 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/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 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 Hot Turkey & Biscuit Sweet Corn	Breakfast 2 Bagel w/Cream Cheese Lunch Mac n Cheese Carrots & Roast Chickpeas	Breakfast 3 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