

All meals come with choice of fat free or skim white milk

Please welcome Chef Boris- Watch for him at your school!

Now featuring Meatless Monday

	<p>Tuesday - 1 BREAKFAST lowfat yogurt, waffle sticks & orange tangerine juice LUNCH ENTREE CHOICES A. Chicken Cutlet Parmesan w/side of w.g. spaghetti B. Toasted Turkey & Cheese Sub, w.g. bun* SIDES traditional spinach salad ☞ sliced peaches 🍓</p>	<p>Wednesday - 2 BREAKFAST cinnamon w.g. french toast, fresh banana EARLY RELEASE LUNCH ENTREE Crustless Cheese Sandwich, w.g. bread* SIDES fresh apple slices 🍏 bean dip w/corn chips 🌽* crudite w/lowfat dip ☞</p>	<p>Thursday - 3 BREAKFAST plain bagel w/cream cheese & fresh pineapple chunks LUNCH ENTREE CHOICES A. Teriyaki Beef & Vegetable Rice Bowl*☞ B. Asian Inspired Chicken Wrap NEW SIDES bok choy w/garlic & ginger ☞ mandarin oranges 🍊</p>	<p>Friday - 4 BREAKFAST mini blueberry Eggo pancakes & fresh orange wedges LUNCH ENTREE CHOICES A. Fish Tacos w/cilantro slaw & pineapple salsa B. Enchiladas Suizas Casserole SIDES baja beans, corn and rice ☞* fresh watermelon 🍉 <i>celebrating CINCO DE MAYO</i> Chef Boris at Crestline</p>
<p>Monday - 7 BREAKFAST Smuckers waffle, hard boiled egg & fresh orange wedges MEATLESS MONDAY CHOICES A. w.g. Macaroni & Cheese w/tomatoes V* B. Cheese Quesadilla V SIDES steamed orange & yellow carrots ☞ farm fresh apple 🍏</p>	<p>Tuesday - 8 BREAKFAST w.g. cereal, sunrise bites & sliced fresh melon LUNCH ENTREE CHOICES A. Baked Chicken Nuggets,* w/low fat dip B. Lowfat Tuna Salad Sandwich, w.g. bread* SIDES carrot chips ☞ NEW fresh pineapple chunks 🍍 local sauteed greens ☞ NEW Chef Boris at Ellsworth</p>	<p>Wednesday - 9 BREAKFAST cottage cheese & peaches, fiber enriched graham crackers EARLY RELEASE LUNCH ENTREE Bean & Cheese Burrito V☞ SIDES chips and salsa farm fresh pear 🍏 broccoli & cauliflower bites w/dip ☞</p>	<p>Thursday - 10 BREAKFAST cinnamon w.g. pancakes & applesauce cup LUNCH ENTREE CHOICES A. Chicken Burger, w.g. bun* B. Chile Relleno Casserole VNEW SIDES fiesta corn cauli rice fresh orange wedges ☞ Chef Boris at Endeavour</p>	<p>Friday - 11 BREAKFAST honey oat raspberry bar & fresh berries LUNCH ENTREE CHOICES A. Crunchy Turkey Tacos* w/lettuce, cheese & salsa B. Turkey Hot Dog, w.g. bun* SIDES southwest pinto beans ☞ fruit cocktail 🍓</p>
<p>Monday - 14 BREAKFAST w.g. cereal, fiber enriched graham crackers & apple slices MEATLESS MONDAY CHOICES A. Margherita NEW or Cheese Pizza^V w.g. crust B. Avocado & Swiss Sandwich on Oregon Trail wheat bread NEW SIDES spinach salad ☞ fresh orange wedges 🍊</p>	<p>Tuesday - 15 BREAKFAST lowfat yogurt, waffle sticks & orange tangerine juice LUNCH ENTREE A. Curried Coconut Chicken w/tandoori naan bread B. Turkey Burger, w.g. bun,* w/lettuce & tomato SIDES couscous* fresh green beans ☞ pineapple tidbits 🍓 Chef Boris at Fircrest</p>	<p>Wednesday - 16 BREAKFAST cinnamon w.g. french toast, fresh banana EARLY RELEASE LUNCH ENTREE Lowfat Yogurt Tillamook Cheddar Cheese w/w.g. rice cakes* SIDES farm fresh apple 🍏 hummus 🌽 baby carrots w/lowfat dip ☞</p>	<p>Thursday - 17 BREAKFAST plain bagel w/cream cheese & fresh pineapple chunks LUNCH ENTREE CHOICES A. BBQ Chicken Sandwich, w.g. bun* B. Eggs Benedict NEW SIDES sweet potato tots ☞ tomato salad sliced pears 🍓</p>	<p>Friday - 18 BREAKFAST honey oat raspberry Eggo pancakes & fresh orange wedges LUNCH ENTREE CHOICES A. Teriyaki Chicken B. Grilled Chicken Caesar Salad Wrap, w.g. tortilla* SIDES orange ginger brown rice NEW chinese broccoli ☞ fresh kiwi wedges 🍏 Chef Boris at Fisher's</p>
<p>Monday - 21 BREAKFAST Smuckers waffle, hard boiled egg & fresh orange wedges MEATLESS MONDAY CHOICES A. Quinoa & Bean Sloppy Joe in a Pita Pocket V☞* NEW B. Pasta Primavera V☞ NEW w/cheese bread SIDES green & yellow squash ☞ farm fresh plum 🍑 Chef Boris at Harmony</p>	<p>Tuesday - 22 BREAKFAST w.g. cereal, sunrise bites & sliced fresh melon LUNCH ENTREE CHOICES A. Pepperoni or Cheese^V Pizza B. Chef's Salad Bowl* w/lowfat dressing & w.g. animal crackers* SIDES Oregon bean medley 🌽 fresh banana 🍌</p>	<p>Wednesday - 23 BREAKFAST cottage cheese & peaches, fiber enriched graham crackers EARLY RELEASE LUNCH ENTREE Chicken Tenders, w.g.* SIDES w.g. graham crackers* cherry tomatoes & celery sticks w/dip farm fresh apple 🍏🍏</p>	<p>Thursday - 24 BREAKFAST cinnamon w.g. pancakes & applesauce cup LUNCH ENTREE CHOICES A. Chicken Chow Mein, w/w.g. noodles* B. Italian Sub Sandwich, w.g. roll* SIDES crunchy asian salad ☞ mandarin oranges 🍊</p>	<p>Friday - 25 BREAKFAST honey oat raspberry bar & fresh berries LUNCH ENTREE CHOICES A. Kickin' BBQ Chicken w/warm corn tortillas B. Whole Grain Corn Dog* SIDES southwest potatoes NEW sauteed greens ☞ fresh melon 🍉 Chef Boris at Hearthwood</p>
<p>Monday - 28 NO SCHOOL MEMORIAL DAY</p>	<p>Tuesday - 29 BREAKFAST lowfat yogurt, waffle sticks & orange tangerine juice LUNCH ENTREE CHOICES A. Chicken Burger, w.g. bun* B. Beef Ravioli SIDES garden salad w/lowfat dressing ☞ pumpkin bar ☞ farm fresh pear 🍏</p>	<p>Wednesday - 30 BREAKFAST cinnamon w.g. french toast, fresh banana EARLY RELEASE LUNCH ENTREE Hot Pocket Sandwich*, w.g. SIDES 100% juice box tabouleh salad* sliced cucumbers w/yogurt dip</p>	<p>Thursday - 31 BREAKFAST plain bagel w/cream cheese & fresh pineapple chunks LUNCH ENTREE CHOICES A. Mediterranean Style Penne Pasta VNEW B. All American Hamburger, w.g. bun* SIDES broccoli cauliflower bake ☞ NEW fresh orange wedges 🍊</p>	<p>KEY * Whole grain food ☞ dark green or orange veg 🍏 fresh fruit 🍓 canned fruit 🌽 Locally grown 🌿 legumes V vegetarian, not necessarily vegan</p>

Why is Breakfast So Important? Breakfast is especially important for children and adolescents. According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert and creative, and less likely to miss days of school. Source: www.mayoclinic.com

School meals save parents time
School meals save parents money

PRICES:
Lunch.....\$1.80
Breakfast.....\$0.95
Milk or Soy Milk.....\$0.45