

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<ul style="list-style-type: none"> cinnamon "dipper doodle" bar (DF) 	<ul style="list-style-type: none"> blueberry muffin 	<ul style="list-style-type: none"> cinnamon crumbles 	<ul style="list-style-type: none"> blueberry bagel & cream cheese 	<ul style="list-style-type: none"> french toast muffin
9	10	11	12	13
<ul style="list-style-type: none"> string cheese & cinnamon grahams 	<ul style="list-style-type: none"> lemon muffin 	<ul style="list-style-type: none"> plain bagel & cream cheese 	<ul style="list-style-type: none"> yogurt & granola 	<ul style="list-style-type: none"> snow flurries cereal (DF)
16	17	18	19	20
<ul style="list-style-type: none"> cinnamon chex & zac attack apple bar (DF) 	<ul style="list-style-type: none"> zac omega fruit filled strawberry bar (DF) 	<ul style="list-style-type: none"> blueberry bagel & cream cheese 	<ul style="list-style-type: none"> multigrain cheerios & mini dipper doodle bar (DF) 	<ul style="list-style-type: none"> lemon muffin
23	24	25	26	27
<ul style="list-style-type: none"> zee zee's berry apple bar (DF) 				

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

This institution is an equal opportunity provider

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<ul style="list-style-type: none"> • baked mac & cheese w/ bbq chicken ○ steamed carrots <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • pepperjack cheeseburger ○ chili citrus corn <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • the revolution dog (DF) ○ edamame & baby carrots <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • cheese pizza panada pie (V) ○ chilled, seasoned green beans w/ ranch <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • bfast for lunch: pancakes & chicken sausage ○ braised greens <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> • beefy bean & cheese burrito ○ steamed carrots <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • spaghetti marinara (V) ○ green peas <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • cheesy pizza bite meal (V) ○ lettuce & tomatoes w/ ranch <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • buffalo chicken pizza ○ smoky black eyed peas & grape tomatoes <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • Pizza Panada Pie ○ green beans <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> • the revolution dog (DF) ○ glazed carrots <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • cheese pizza (V) ○ edamame & baby carrots <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • crispy chicken sandwich (DF) ○ lettuce & tomatoes w/ ranch <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • buffalo chicken pizza ○ green beans <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • chicken bites ○ steamed corn <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> • kickin' chicken melt ○ island glazed carrots 				



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

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SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<ul style="list-style-type: none"> goldfish "hot & spicy" cheddar crackers & fruit 9	<ul style="list-style-type: none"> blazin' hot sunflower seeds & fruit 10	<ul style="list-style-type: none"> educational snacks & fruit 11	<ul style="list-style-type: none"> goldfish "colors" cheddar crackers & fruit 12	13
<ul style="list-style-type: none"> goldfish pretzels & fruit 16	<ul style="list-style-type: none"> honey grahams & fruit 17	<ul style="list-style-type: none"> cinnamon rumbles & fruit 18	<ul style="list-style-type: none"> honey wheat crackers & sunbutter 19	20
<ul style="list-style-type: none"> goldfish pretzels & fruit 23	<ul style="list-style-type: none"> honey wheat crackers & fruit 24	<ul style="list-style-type: none"> goldfish "colors" cheddar crackers & fruit 25	<ul style="list-style-type: none"> educational snacks & fruit 26	27
<ul style="list-style-type: none"> honey grahams & fruit 				

Did you know?



Goldfish crackers were invented 60 years ago (1958) in Switzerland when a biscuit-maker wanted to bake something special for his wife. Since she was a Pisces (whose symbol is a fish), he baked her crackers shaped as the lucky, golden fish.

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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