



BREAKFAST

Monday
French Toast Sticks
Sausage & Cheese Sandwich

Thursday
Pancake on a Stick
Egg & Cheese Sandwich

Tuesday
Double Chip Breakfast Round
Egg & Cheese Sandwich

Friday
Whole Grain Cinnamon Roll
Ham & Cheese Muffin

Wednesday
Yogurt Parfait
Sausage & Cheese Sandwich

For Champions On The Go -
DAILY
Plain or Blueberry Bagel & Cream Cheese
Cold Cereal
Hot Oatmeal
Fruit & a variety of Milk

Breakfast Fact:

Breakfast is FREE for all students

Adults: \$1.90

This institution is an equal opportunity provider.

We use a nutrient analysis program to analyze our menus. The required guidelines are listed below. We strive to meet or exceed these guidelines.

HONOR ROLL

EVERYDAY CHOICES
With/Oven Baked Curly Fries
 Classic Hamburger
 Cheeseburger
 Spicy Crispy Chicken Sandwich
 Classic Crispy Chicken Sandwich

EXPLORE

Great Variety & Healthy Choices -
All meals include a trip through the Thrive Garden Bar

STACKS

EVERY DAY CHOICES
Made to Order Sandwiches
Daily Options: Tuna, Turkey, Ham, Turkey & Ham.

All sandwiches offer a trip through the Thrive Garden Bar

Tuesday and Thursday

Taco Beef or Chicken
 Fiesta Nachos
 Cheese Sauce and Beans
 And topping choices of: Olives, Tomatoes, Lettuce, Onions, Jalapenos, Sour Cream

FIESTA

UPPER CRUST

EVERYDAY PIZZA CHOICES: Pepperoni OR Cheese
 Mon: Sausage, Wed: Hawaiian, Fri: Buffalo Chicken

SIDES OFFERED DAILY WITH LUNCH CHOICES

Locally Grown Seasonal Fresh Fruit and Vegetables, plus Apples, Oranges, Garden Salad Greens and Low Fat or Fat Free Milk

Lunch Prices - Adults: \$3.40 Students: Free

December 2017

<i>Breakfast and Lunch are free for students every day</i>				1 <i>Cheesy Breadsticks w/ Marinara Sauce</i>
4 <i>Spaghetti with Meat sauce</i>	5 <i>Crispy Chicken Nuggets</i>	6 <i>Orange Chicken Bowl</i>	7 <i>BBQ Pork Sandwich</i>	8 <i>General Tso Chicken Bowl</i>
11 <i>Country Style Chicken Bowl</i>	12 <i>Oven Baked Corn Dogs</i>	13 <i>Zesty Enchiladas</i>	14 <i>Christmas Dinner</i>	15 <i>Cheesy Breadsticks w/ Marinara Sauce</i>
18 <i>No School</i>	19 <i>No School</i>	20 <i>No School</i>	21 <i>No School</i>	22 <i>No School</i>
25 <i>No School</i>	26 <i>No School</i>	27 <i>No School</i>	28 <i>No School</i>	29 <i>No School</i>