



BREAKFAST

Monday
French Toast Sticks
Sausage & Cheese Muffin

Thursday
Pancake on a Stick
Egg & Cheese Muffin

Tuesday
Double Chip Breakfast Round
Egg & Cheese Muffin

Friday
Whole Grain Cinnamon Roll
Ham & Cheese Muffin

Wednesday
Yogurt w/ Graham Cracker
Sausage & Cheese Muffin

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

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

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



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



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

All sandwiches a trip through the Thrive Garden Bar. Vegetarian options offered daily.



Great Variety & Healthy Choices -
All meals include 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





EVERYDAY PIZZA CHOICES Pepperoni OR Cheese
Mon. Sausage, Tues. Taco, Wed: Hawaiian Thurs: Taco, Fri. Meatlovers

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

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Lunch Prices - Adults: \$3.40 Students: Free

2 <i>Country Style Chicken Bowl</i>	3 <i>Oven Baked Corn Dogs</i>	4 <i>Zesty Enchiladas</i>	5 <i>BBQ Pork Sandwiches</i>	6 <i>Cheesy Breadsticks w/ Marinara Sauce</i>
9 <i>Beef Mashed Potato Bowl</i>	10 <i>Crispy Chicken Nuggets</i>	11 <i>Orange Chicken Bowl</i>	12 <i>Chicken Drumsticks</i>	13 <i>No School</i>
16 <i>Country Style Chicken Bowl</i>	17 <i>Oven Baked Corn Dogs</i>	18 <i>Zesty Enchiladas</i>	19 <i>BBQ Pork Sandwiches</i>	20 <i>Cheesy Breadsticks w/ Marinara Sauce</i>
23 <i>Beef Mashed Potato Bowl</i>	24 <i>Crispy Chicken Nuggets</i>	25 <i>Orange Chicken Bowl</i>	26 <i>Chicken Drumsticks</i>	27 <i>General Tso Chicken Bowl</i>
30 <i>Country Style Chicken Bowl</i>	31 <i>Oven Baked Corn Dogs</i>			

October 2017