



2021

Breakfast/ Lunch Menu Carb Count

BREAKFAST MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**WG Cheerios Corn Flakes Pears 4 oz Apple Juice 4 oz	14 String Cheese 16 WG Graham Cracker 13 Mixed Fruit 4 oz 14 Orange Juice 4 oz	1 Cereal Bar 21 Mandarin Orange 4 oz 13 Apple Juice 4 oz 13 **WG Muffin	25 Yogurt 13 WG Graham Cracker 14 Applesauce 4 oz 31 Orange Juice 4 oz	8 **WG Cheerios/Corn Flakes 21 Corn Flakes 12 Peaches 4 oz 13 Apple Juice 4 oz	

LUNCH MEAL PATTERN	3/1/2021	3/2/2021	3/3/2021	3/4/2021	3/5/2021
Turkey Mini Corn Dogs Baked Fries Sliced Peaches Mixed Veggies Ketchup	25 Chicken Soft Tacos 22 Pinto Beans 16 Mandarin Orange 6 *WW Tortilla 2	1 Sloppy Joe 17 Baby Carrots 17 Diced Pears 15 *WW Bun Ranch	8 Turkey Meatballs 7 Sweet Corn 21 Fruit Cocktail 26 **WG Spaghetti 8 Breadstick	1 Fish Sticks 15 Potato Wedges 17 Applesauce 18 Broccoli 14 Ketchup Tartar Sauce	
**WG Chicken Nuggets Baked Fries Pineapple Tidbits Green Beans Ketchup	16 Beef Taco 22 Pinto Beans 22 Fresh Apple 4 Taco Shells 2 Lettuce Cheese Salsa	2 Cheeseburger (Patty) 17 Sweet Potato Fries 25 Diced Peaches 20 *WW Bun 1 Cucumbers 2 Ketchup 2 Cheese	1 Cheese Quesadilla 24 Broccoli 16 Mandarin Oranges 26 Carrot Coins 5 2 2	32 Fish Sticks 5 Potato Wedges 17 Pear Slices 6 Sweet Peas Ketchup Tartar Sauce	
<b>Professional Day No Student Attendance</b>	Chicken Soft Tacos Pinto Beans Mixed Fruit *WW Tortilla	1 Sliced Turkey 17 Mashed Potato 17 Applesauce 15 **WG Slice Bread Mixed Veggies	1 Beef Patty 19 Steamed Broccoli 22 Pineapple Tidbits 15 Brown Rice 6 Baby carrots Ranch Gravy	1 Fish Sticks 5 Baked Fries 22 Fresh Orange 32 Green Beans 7 Ketchup 8 Tartar sauce 4	
Chicken Patty Tater Tots Peaches *WW Bun Celery Sticks Ketchup Ranch	12 Beef Taco 30 Pinto Beans 16 Mandarin Orange 26 Taco Shells 1 Lettuce 2 Cheese 8 Salsa	2 **WG Chicken Nuggets 17 Baked Fries 17 Pears 20 Broccoli Cuts 1 Ketchup 2 2	16 Ham 22 Cheese 21 Carrot Coins 5 Mixed Fruits 2 **WG Bread Cauliflower Mayo	1 Fish Sticks 2 Potato Wedges 6 Applesauce 17 Cucumbers 15 Ketchup 5 Tartar Sauce 2 Ranch	
Chili con Carne Mixed Veggies Pineapple Tidbits **WG Slice Bread	8 Turkey Meatballs 6 Sweet Corn 22 Grapes 15 **WG Spaghetti Breakstick	1 BBQ Chicken 15 Sweet Peas 14 Diced Peaches 18 *WW Bun 14	8 9 16 26	<b>Milk Count in Grams (gm) Per 8 oz carton: 1% White Milk Lactose Free-White Milk Chocolate Fat Free Soy Milk</b>	

\*Whole Wheat  
\*\*Whole Grain  
\*\*\*All meals include ½ pint of milk. Students may choose 1% low-fat Unflavored or Flavored

This Institution is an equal opportunity provider  
Menu subject to change without notice

F. Rivera