



MONDAY

Breakfast

Fresh pesto with organic tofu, topped with shaved parmesan, served with a warm, sprouted-grain corn tortilla

- OR -

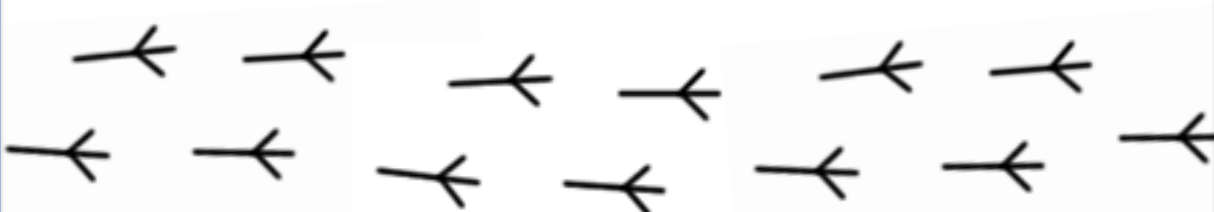
Creamy avocado, Monterey jack, & applewood smoked bacon on a toasted whole grain English muffin

Blended strawberry yogurt with granola streusel

Milk & chocolate milk

Cucumber & rosemary flavored water

Trio of fruit





TUESDAY

Breakfast

Hearty turkey sausage patty with Havarti
on a tender whole wheat biscuit

- OR -

Spiced pinto beans & eco-farmed short
grain brown rice on a whole grain tortilla
with a dab of sundried tomato salsa

Creamy vanilla yogurt with granola streusel

Milk & chocolate milk

Fresh pineapple flavored water

Trio of fruit





WEDNESDAY

Breakfast

Freshly scrambled eggs with fresh basil
over creamy brie wedge

- OR -

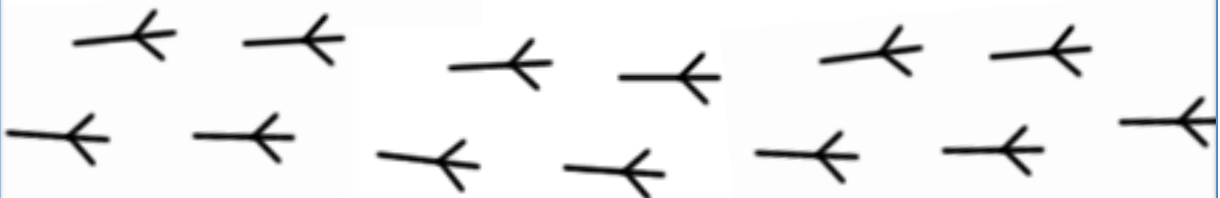
Smoky ham & Gruyère breakfast pizza
on thick whole wheat crust

Blended raspberry yogurt with granola
streusel

Milk & chocolate milk

Cucumber & mint flavored water

Trio of fruit





THURSDAY

Breakfast

Savory chicken & sharp cheddar on
Tin Roof's whole grain panini bread

- OR -

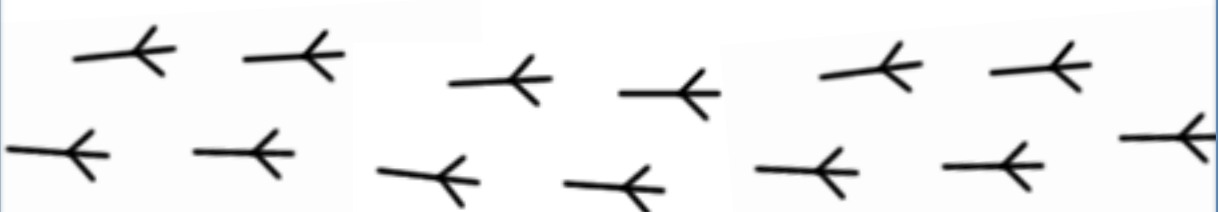
Hearty cottage fried veggie-taters with
creamy sage turkey gravy

Creamy vanilla yogurt with granola streusel

Milk & chocolate milk

Zesty orange flavored water

Trio of fruit





FRIDAY

Breakfast

Savory trois frommage breakfast
macaroni with sausage & school garden
bell pepper

- OR -

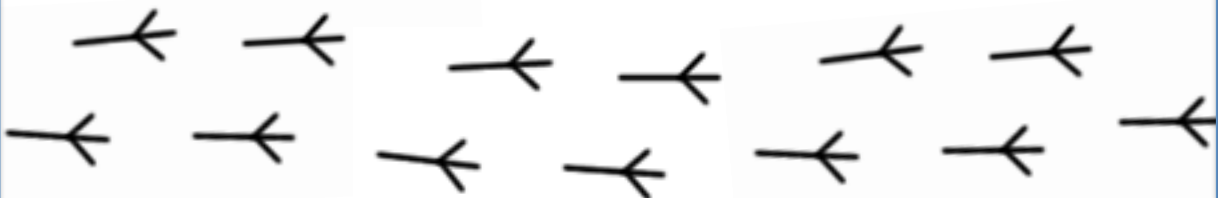
"Everything" seeded bagel with whipped
cream cheese & thinly sliced carrot &
cucumber

Blended raspberry yogurt with granola
streusel

Milk & chocolate milk

Cucumber & mint flavored water

Trio of fruit





MONDAY

Lunch

Roasted turkey & brown gravy over creamy
whipped potatoes

- OR -

Crisply grilled Swiss cheese & Haas avocado
sandwich on whole wheat sourdough

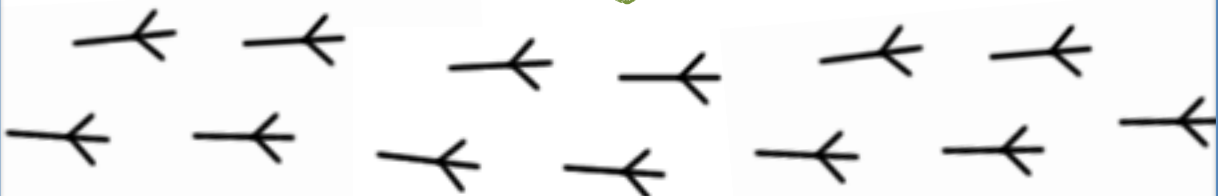
1/2 Grilled corn cob seasoned with rosemary
& black pepper

Milk & chocolate milk

Cucumber & mint flavored water

Wild berry crumble

Seasonal mixed greens salad bar from
school garden





TUESDAY

Lunch

White fish soft corn tacos with tri-color pepper medley, from school garden

- OR -

Grilled portabella cap with cranberry BBQ sauce

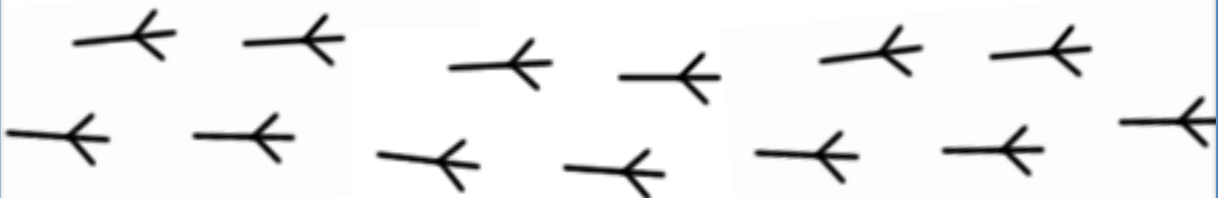
Oven roasted sweet potato fries with honey mustard

Milk & chocolate milk

Orange flavored water

Dried fruit & granola trail mix

Seasonal mixed greens salad bar from school garden





WEDNESDAY

Lunch

Broiled rosemary free-range chicken breast

- OR -

Creamy parmesan risotto with spring onions

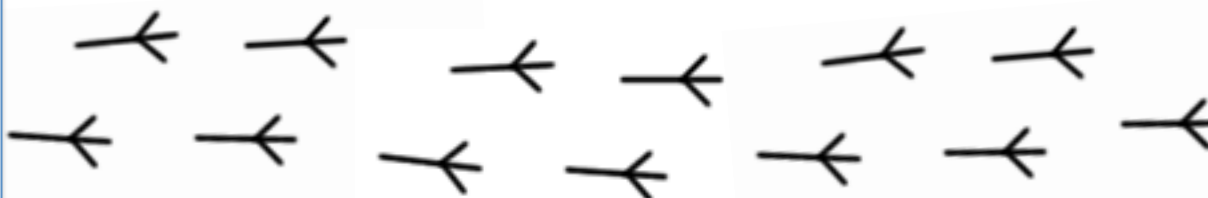
Roasted medley of Brussels sprouts, cubed
butternut squash, and zucchini

Milk & chocolate milk

Meyer lemon flavored water

Organic Braeburn apple torte with blueberries

Seasonal mixed greens salad bar from
school garden





THURSDAY

Lunch

Free range ground chuck on cracked wheat bun

- OR -

Freshly grilled veggies & cream cheese stuffed in a whole grain pita

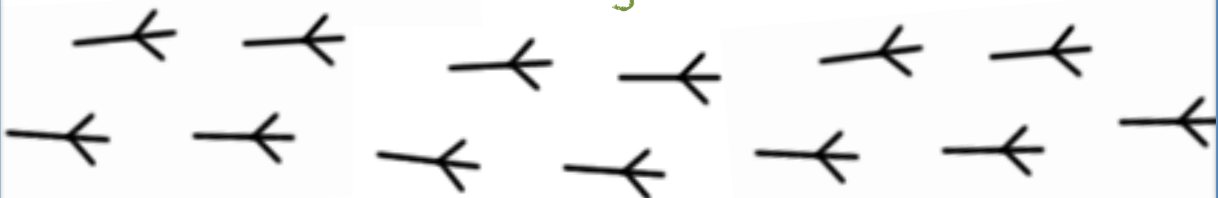
Red potato salad with extra virgin olive oil & aged balsamic vinegar dressing

Milk & chocolate milk

Cucumber & rosemary flavored water

Dried fruit & granola trail mix

Seasonal mixed greens salad bar from school garden





FRIDAY

Lunch

Whole wheat pizzadilla stuffed with
Genoa salami, black olives, & crimini
mushrooms

- OR -

Mixed garden-fresh veggie lasagna

Zesty broccoli and carrot slaw

Milk & chocolate milk

Pineapple flavored water

Fresh and buttery strawberry shortcake

Seasonal mixed greens salad bar from
school garden

