

GRADES K-12 MENU PLANS

Increase participation and delight kid palates with this convenient menu planner full of great tasting, nutrition based and cost effective recipes that can help you serve balanced meal ideas in the School Breakfast Program and National School Lunch Program.

GRADES K-12 BREAKFAST MENU

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| K-5 | <ul style="list-style-type: none"> Maple, Ham & Cheese Biscuit Fresh Banana Choice of Low-Fat or Fat-Free Milk | <ul style="list-style-type: none"> Biscuit Topped Blueberry Cobbler 100% Orange Juice Fresh Banana Choice of Low-Fat or Fat-Free Milk | <ul style="list-style-type: none"> Southwest Cornbread and Egg Muffin Fresh Orange Smiles Choice of Low-Fat or Fat-Free Milk | <ul style="list-style-type: none"> Fruit, Yogurt and Sweet Potato Biscuit Parfait 100% Apple Juice Choice of Low-Fat or Fat-Free Milk | <ul style="list-style-type: none"> Apple Streusel Muffin Fresh Banana 100% Orange Juice Choice of Low-Fat or Fat-Free Milk |
| 6-8 | <ul style="list-style-type: none"> Fruit, Yogurt and Sweet Potato Biscuit Parfait 100% Apple Juice Choice of Low-Fat or Fat-Free Milk | <ul style="list-style-type: none"> Maple, Ham & Cheese Biscuit Fresh Banana 100% Orange Juice Choice of Low-Fat or Fat-Free Milk | <ul style="list-style-type: none"> Biscuit Topped Blueberry Cobbler 100% Orange Juice Choice of Low-Fat or Fat-Free Milk | <ul style="list-style-type: none"> Western Omelet Sandwich Fresh Apple Choice of Low-Fat or Fat-Free Milk | <ul style="list-style-type: none"> Apple Streusel Muffin Fresh Banana Choice of Low-Fat or Fat-Free Milk |
| 9-12 | <ul style="list-style-type: none"> Fruit, Yogurt and Sweet Potato Biscuit Parfait 100% Apple Juice Choice of Low-Fat or Fat-Free Milk | <ul style="list-style-type: none"> Maple, Ham & Cheese Biscuit Fresh Banana 100% Orange Juice Choice of Low-Fat or Fat-Free Milk | <ul style="list-style-type: none"> Biscuit Topped Blueberry Cobbler 100% Orange Juice Choice of Low-Fat or Fat-Free Milk | <ul style="list-style-type: none"> Western Omelet Sandwich Fresh Apple Choice of Low-Fat or Fat-Free Milk | <ul style="list-style-type: none"> Apple Streusel Muffin Fresh Banana 100% Orange Juice Choice of Low-Fat or Fat-Free Milk |

GRADES K-12 LUNCH MENU

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| K-5 | <ul style="list-style-type: none"> Roasted Chicken with Herbed Gravy and Green Beans Whole Grain Roll Fresh Apple Choice of Fat-Free Milk or Fat-Free Chocolate Milk | <ul style="list-style-type: none"> Double Decker Mini Burgers Seasoned Black Beans Fruit Cup Choice of Fat-Free Milk or Fat-Free Chocolate Milk | <ul style="list-style-type: none"> Chicken Corn Chowder Sweet Potato Biscuit Fresh Small Banana Choice of Fat-Free Milk or Fat-Free Chocolate Milk | <ul style="list-style-type: none"> Biscuit Thins with Hummus and Fresh Veggie Dippers Fresh Orange Choice of Fat-Free Milk or Fat-Free Chocolate Milk | <ul style="list-style-type: none"> Pizza Burger Fresh Broccoli Dippers with Reduced-Fat Ranch Dressing Choice of Fat-Free Milk or Fat-Free Chocolate Milk |
| 6-8 | <ul style="list-style-type: none"> Ham Sandwich on a Sweet Potato Biscuit Garden Green Beans Fresh Banana Choice of Fat-Free Milk or Fat-Free Chocolate Milk | <ul style="list-style-type: none"> White Chicken Chili Whole Grain Roll Baby Carrots Fresh Apple Choice of Fat-Free Milk or Fat-Free Chocolate Milk | <ul style="list-style-type: none"> Beef Tamale Bowl Fresh Seasonal Fruit Choice of Fat-Free Milk or Fat-Free Chocolate Milk | <ul style="list-style-type: none"> Chicken Broccoli Bake Romaine Salad/Italian Vinaigrette Fresh Orange Choice of Fat-Free Milk or Fat-Free Chocolate Milk | <ul style="list-style-type: none"> Hearty Beef Burger & Vegetable Soup Whole Grain Biscuit Fresh Banana Choice of Fat-Free Milk or Fat-Free Chocolate Milk |
| 9-12 | <ul style="list-style-type: none"> Ham Sandwich on a Sweet Potato Biscuit Baked Beans Garden Green Beans Fresh Banana Choice of Fat-Free Milk or Fat-Free Chocolate Milk | <ul style="list-style-type: none"> White Chicken Chili Whole Grain Roll Baby Carrots Fresh Apple Choice of Fat-Free Milk or Fat-Free Chocolate Milk | <ul style="list-style-type: none"> Beef Tamale Bowl Seasoned Black Beans Fresh Seasonal Fruit Choice of Fat-Free Milk or Fat-Free Chocolate Milk | <ul style="list-style-type: none"> Chicken Broccoli Bake Romaine Salad/Italian Vinaigrette Fresh Orange Choice of Fat-Free Milk or Fat-Free Chocolate Milk | <ul style="list-style-type: none"> Hearty Beef Burger & Vegetable Soup Whole Grain Biscuit Fresh Banana Choice of Fat-Free Milk or Fat-Free Chocolate Milk |



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