

BREAKFAST Meal Prices **Elementary: \$1.55** **Middle School: \$1.55** **High School: \$1.55** **Adult: \$2.00**

Week One—May 1-4 **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**



Main Entree	Waffles		Pancakes		Ham & Chz English Muffin		Scrambled Eggs	
	Cal: 200 Protein: 4g Sugar: 2g	Fat: 6g Sodium: 260mg Fiber: 1g	Cal: 254 Protein: 6g Sugar: 8g	Fat: 10g Sodium: 410mg Fiber: 1g	Cal: 211 Protein: 11g Sugar: NA	Fat: 6g Sodium: 858mg Fiber: 1g	Cal: 106 Protein: 9g Sugar: NA	Fat: 7g Sodium: 200mg Fiber: 0g



Cold Cereal Choices	Rice Crispies		Raisin Bran		Total		Corn Flakes		Golden Grahams	
	Cal: 69 Protein: 0g Sugar: 2g	Fat: 0g Sodium: 120mg Fiber: 0g	Cal: 100 Protein: 2g Sugar: 9g	Fat: 1g Sodium: 143mg Fiber: 3g	Cal: 77 Protein: 2g Sugar: 5g	Fat: 0g Sodium: 107mg Fiber: 2g	Cal: 81 Protein: 1g Sugar: 2g	Fat: 0g Sodium: 150mg Fiber: 1g	Cal: 108 Protein: 2g Sugar: 10g	Fat: 1g Sodium: 217mg Fiber: 1g
	Cinnamon Toast Crunch		Honey Nut Cheerios		Cocoa Puffs		Trix		Lucky Charms	
	Cal: 120 Protein: 1g Sugar: 6g	Fat: 3g Sodium: 200mg Fiber: 1g	Cal: 110 Protein: 2g Sugar: 9g	Fat: 2g Sodium: 160mg Fiber: 2g	Cal: 89 Protein: 0g Sugar: 6g	Fat: 1g Sodium: 133mg Fiber: 2g	Cal: 108 Protein: 0g Sugar: 9g	Fat: 1g Sodium: 160mg Fiber: 0g	Cal: 110 Protein: 2g Sugar: 10g	Fat: 1g Sodium: 170mg Fiber: 2g



Fruit & Juice Choices	Apple		Banana		Melon (Seasonal)		Orange		100% Fruit Juice (Assorted)	
	Cal: 95 Protein: 0g Sugar: 19g	Fat: 0g Sodium: 2mg Fiber: 4g	Cal: 105 Protein: 1g Sugar: 14g	Fat: 0g Sodium: 1mg Fiber: 3g	Cal: 46 Protein: 1g Sugar: 11g	Fat: 0g Sodium: 21mg Fiber: 1g	Cal: 65 Protein: 1g Sugar: 13g	Fat: 0g Sodium: 0mg Fiber: 3g	Cal: 63 Protein: 1g Sugar: 14g	Fat: 0g Sodium: 15mg Fiber: 0g



Condiment Choices	Margarine		Peanut Butter		Syrup		Jelly		Ketchup	
	Cal: 33 Protein: 0g Sugar: 0g	Fat: 4g Sodium: 35mg Fiber: 0g	Cal: 200 Protein: 7g Sugar: 3g	Fat: 16g Sodium: 140mg Fiber: 2g	Cal: 150 Protein: 0g Sugar: 37g	Fat: 0g Sodium: 55mg Fiber: 0g	Cal: 35 Protein: 0g Sugar: 9g	Fat: 0g Sodium: 0mg Fiber: 0g	Cal: 10 Protein: 0g Sugar: 2g	Fat: 0g Sodium: 80mg Fiber: 0g



Milk	1% Low Fat		1% Low Fat		1% Low Fat		1% Low Fat		1% Low Fat	
	Cal: 110 Protein: 8g	Fat: 3g Sugar: 12g	Cal: 110 Protein: 8g	Fat: 3g Sugar: 12g	Cal: 110 Protein: 8g	Fat: 3g Sugar: 12g	Cal: 110 Protein: 8g	Fat: 3g Sugar: 12g	Cal: 110 Protein: 8g	Fat: 3g Sugar: 12g
	Skim		Skim		Skim		Skim		Skim	
	Cal: 90 Protein: 8g	Fat: 0g Sugar: 12g	Cal: 90 Protein: 8g	Fat: 0g Sugar: 12g	Cal: 90 Protein: 8g	Fat: 0g Sugar: 12g	Cal: 90 Protein: 8g	Fat: 0g Sugar: 12g	Cal: 90 Protein: 8g	Fat: 0g Sugar: 12g
	Skim Chocolate		Skim Chocolate		Skim Chocolate		Skim Chocolate		Skim Chocolate	
	Cal: 130 Protein: 8g	Fat: 0g Sugar: 23g	Cal: 130 Protein: 8g	Fat: 0g Sugar: 23g	Cal: 130 Protein: 8g	Fat: 0g Sugar: 23g	Cal: 130 Protein: 8g	Fat: 0g Sugar: 23g	Cal: 130 Protein: 8g	Fat: 0g Sugar: 23g

Menus Subject to Change
White And Wheat Bread Available At All Meals

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Week Two – May 7-11 **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**



Main Entree

Breakfast Pizza	French Toast Sticks	Sausage Pancake Wrap	Bagel	Breakfast Pizza
Cal: 230 Fat: 11g Protein: 10g Sodium: 490mg Sugar: 4g Fiber: 1g	Cal: 220 Fat: 9g Protein: 4g Sodium: 220mg Sugar: 9g Fiber: 1g	Cal: 210 Fat: 10g Protein: 9g Sodium: 470mg Sugar: 8g Fiber: 1g	Cal: 190 Fat: .5g Protein: 7g Sodium: 380mg Sugar: 1g Fiber: 1g	Cal: 230 Fat: 11g Protein: 10g Sodium: 490mg Sugar: 4g Fiber: 1g



Cold Cereal Choices

Rice Crispies	Raisin Bran	Total	Corn Flakes	Golden Grahams
Cal: 69 Fat: 0g Protein: 0g Sodium: 120mg Sugar: 2g Fiber: 0g	Cal: 100 Fat: 1g Protein: 2g Sodium: 143mg Sugar: 9g Fiber: 3g	Cal: 77 Fat: 0g Protein: 2g Sodium: 107mg Sugar: 5g Fiber: 2g	Cal: 81 Fat: 0g Protein: 1g Sodium: 150mg Sugar: 2g Fiber: 1g	Cal: 108 Fat: 1g Protein: 2g Sodium: 217mg Sugar: 10g Fiber: 1g
Cinnamon Toast Crunch	Honey Nut Cheerios	Cocoa Puffs	Trix	Lucky Charms
Cal: 120 Fat: 3g Protein: 1g Sodium: 200mg Sugar: 6g Fiber: 1g	Cal: 110 Fat: 2g Protein: 2g Sodium: 160mg Sugar: 9g Fiber: 2g	Cal: 89 Fat: 1g Protein: 0g Sodium: 133mg Sugar: 6g Fiber: 2g	Cal: 108 Fat: 1g Protein: 0g Sodium: 160mg Sugar: 9g Fiber: 0g	Cal: 110 Fat: 1g Protein: 2g Sodium: 170mg Sugar: 10g Fiber: 2g



Fruit & Juice Choices

Apple	Banana	Melon (Seasonal)	Orange	100% Fruit Juice (Assorted)
Cal: 95 Fat: 0g Protein: 0g Sodium: 2mg Sugar: 19g Fiber: 4g	Cal: 105 Fat: 0g Protein: 1g Sodium: 1mg Sugar: 14g Fiber: 3g	Cal: 46 Fat: 0g Protein: 1g Sodium: 21mg Sugar: 11g Fiber: 1g	Cal: 65 Fat: 0g Protein: 1g Sodium: 0mg Sugar: 13g Fiber: 3g	Cal: 63 Fat: 0g Protein: 1g Sodium: 15mg Sugar: 14g Fiber: 0g



Condiment Choices

Margarine	Peanut Butter	Syrup	Jelly	Ketchup
Cal: 33 Fat: 4g Protein: 0g Sodium: 35mg Sugar: 0g Fiber: 0g	Cal: 200 Fat: 16g Protein: 7g Sodium: 140mg Sugar: 3g Fiber: 2g	Cal: 150 Fat: 0g Protein: 0g Sodium: 55mg Sugar: 37g Fiber: 0g	Cal: 35 Fat: 0g Protein: 0g Sodium: 0mg Sugar: 9g Fiber: 0g	Cal: 10 Fat: 0g Protein: 0g Sodium: 80mg Sugar: 2g Fiber: 0g



Milk

1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat
Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g
Skim	Skim	Skim	Skim	Skim
Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g
Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate
Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g


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Week Three– May 14-18 **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**

	Main Entree	Waffles	Scrambled Eggs	Cinnamon Roll	Breakfast Burrito	Pancakes
		Cal: 200 Fat: 6g Protein: 4g Sodium: 260mg Sugar: 2g Fiber: 1g	Cal: 106 Fat: 7g Protein: 9g Sodium: 200mg Sugar: NA Fiber: 0g	Cal: 320 Fat: 7g Protein: 8g Sodium: 460mg Sugar: 10g Fiber: 2g	Cal: 233 Fat: 9g Protein: 11g Sodium: 638mg Sugar: NA Fiber: 1g	Cal: 254 Fat: 10g Protein: 6g Sodium: 410mg Sugar: 8g Fiber: 1g

	Cold Cereal Choices	Rice Crispies	Raisin Bran	Total	Corn Flakes	Golden Grahams
		Cal: 69 Fat: 0g Protein: 0g Sodium: 120mg Sugar: 2g Fiber: 0g	Cal: 100 Fat: 1g Protein: 2g Sodium: 143mg Sugar: 9g Fiber: 3g	Cal: 77 Fat: 0g Protein: 2g Sodium: 107mg Sugar: 5g Fiber: 2g	Cal: 81 Fat: 0g Protein: 1g Sodium: 150mg Sugar: 2g Fiber: 1g	Cal: 108 Fat: 1g Protein: 2g Sodium: 217mg Sugar: 10g Fiber: 1g
		Cinnamon Toast Crunch	Honey Nut Cheerios	Cocoa Puffs	Trix	Lucky Charms
		Cal: 120 Fat: 3g Protein: 1g Sodium: 200mg Sugar: 6g Fiber: 1g	Cal: 110 Fat: 2g Protein: 2g Sodium: 160mg Sugar: 9g Fiber: 2g	Cal: 89 Fat: 1g Protein: 0g Sodium: 133mg Sugar: 6g Fiber: 2g	Cal: 108 Fat: 1g Protein: 0g Sodium: 160mg Sugar: 9g Fiber: 0g	Cal: 110 Fat: 1g Protein: 2g Sodium: 170mg Sugar: 10g Fiber: 2g

	Fruit & Juice Choices	Apple	Banana	Melon (Seasonal)	Orange	100% Fruit Juice (Assorted)
		Cal: 95 Fat: 0g Protein: 0g Sodium: 2mg Sugar: 19g Fiber: 4g	Cal: 105 Fat: 0g Protein: 1g Sodium: 1mg Sugar: 14g Fiber: 3g	Cal: 46 Fat: 0g Protein: 1g Sodium: 21mg Sugar: 11g Fiber: 1g	Cal: 65 Fat: 0g Protein: 1g Sodium: 0mg Sugar: 13g Fiber: 3g	Cal: 63 Fat: 0g Protein: 1g Sodium: 15mg Sugar: 14g Fiber: 0g

	Condiment Choices	Margarine	Peanut Butter	Syrup	Jelly	Ketchup
		Cal: 33 Fat: 4g Protein: 0g Sodium: 35mg Sugar: 0g Fiber: 0g	Cal: 200 Fat: 16g Protein: 7g Sodium: 140mg Sugar: 3g Fiber: 2g	Cal: 150 Fat: 0g Protein: 0g Sodium: 55mg Sugar: 37g Fiber: 0g	Cal: 35 Fat: 0g Protein: 0g Sodium: 0mg Sugar: 9g Fiber: 0g	Cal: 10 Fat: 0g Protein: 0g Sodium: 80mg Sugar: 2g Fiber: 0g

	Milk	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat
		Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g
		Skim	Skim	Skim	Skim	Skim
		Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g
		Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate
		Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g

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Week Four– May 21-25 **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**



Main Entree	Ham & Chz English Muffin	Breakfast Pizza	Waffles	Sausage Pancake Wrap	French Toast Sticks
	Cal: 211 Fat: 6g Protein: 11g Sodium: 858mg Sugar: NA Fiber: 1g	Cal: 230 Fat: 11g Protein: 10g Sodium: 490mg Sugar: 4g Fiber: 1g	Cal: 200 Fat: 6g Protein: 4g Sodium: 260mg Sugar: 2g Fiber: 1g	Cal: 210 Fat: 10g Protein: 9g Sodium: 470mg Sugar: 8g Fiber: 1g	Cal: 220 Fat: 9g Protein: 4g Sodium: 220mg Sugar: 9g Fiber: 1g



Cold Cereal Choices	Rice Crispies	Raisin Bran	Total	Corn Flakes	Golden Grahams
	Cal: 69 Fat: 0g Protein: 0g Sodium: 120mg Sugar: 2g Fiber: 0g	Cal: 100 Fat: 1g Protein: 2g Sodium: 143mg Sugar: 9g Fiber: 3g	Cal: 77 Fat: 0g Protein: 2g Sodium: 107mg Sugar: 5g Fiber: 2g	Cal: 81 Fat: 0g Protein: 1g Sodium: 150mg Sugar: 2g Fiber: 1g	Cal: 108 Fat: 1g Protein: 2g Sodium: 217mg Sugar: 10g Fiber: 1g
Cold Cereal Choices	Cinnamon Toast Crunch	Honey Nut Cheerios	Cocoa Puffs	Trix	Lucky Charms
	Cal: 120 Fat: 3g Protein: 1g Sodium: 200mg Sugar: 6g Fiber: 1g	Cal: 110 Fat: 2g Protein: 2g Sodium: 160mg Sugar: 9g Fiber: 2g	Cal: 89 Fat: 1g Protein: 0g Sodium: 133mg Sugar: 6g Fiber: 2g	Cal: 108 Fat: 1g Protein: 0g Sodium: 160mg Sugar: 9g Fiber: 0g	Cal: 110 Fat: 1g Protein: 2g Sodium: 170mg Sugar: 10g Fiber: 2g



Fruit & Juice Choices	Apple	Banana	Melon (Seasonal)	Orange	100% Fruit Juice (Assorted)
	Cal: 95 Fat: 0g Protein: 0g Sodium: 2mg Sugar: 19g Fiber: 4g	Cal: 105 Fat: 0g Protein: 1g Sodium: 1mg Sugar: 14g Fiber: 3g	Cal: 46 Fat: 0g Protein: 1g Sodium: 21mg Sugar: 11g Fiber: 1g	Cal: 65 Fat: 0g Protein: 1g Sodium: 0mg Sugar: 13g Fiber: 3g	Cal: 63 Fat: 0g Protein: 1g Sodium: 15mg Sugar: 14g Fiber: 0g



Condiment Choices	Margarine	Peanut Butter	Syrup	Jelly	Ketchup
	Cal: 33 Fat: 4g Protein: 0g Sodium: 35mg Sugar: 0g Fiber: 0g	Cal: 200 Fat: 16g Protein: 7g Sodium: 140mg Sugar: 3g Fiber: 2g	Cal: 150 Fat: 0g Protein: 0g Sodium: 55mg Sugar: 37g Fiber: 0g	Cal: 35 Fat: 0g Protein: 0g Sodium: 0mg Sugar: 9g Fiber: 0g	Cal: 10 Fat: 0g Protein: 0g Sodium: 80mg Sugar: 2g Fiber: 0g



Milk	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat
	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g
	Skim	Skim	Skim	Skim	Skim
Milk	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g
	Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate
	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g

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Week Five– May 28-31 **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**

	Main Entree	No School	Bagel	Cinnamon Roll	Texas French Toast	
		Cal: 190 Fat: .5g Protein: 7g Sodium: 380mg Sugar: 1g Fiber: 1g	Cal: 320 Fat: 7g Protein: 8g Sodium: 460mg Sugar: 10g Fiber: 2g	Cal: 197 Fat: 6g Protein: 9g Sodium: 364mg Sugar: NA Fiber: 1g		

	Cold Cereal Choices	Rice Crispies	Raisin Bran	Total	Corn Flakes	Golden Grahams
		Cal: 69 Fat: 0g Protein: 0g Sodium: 120mg Sugar: 2g Fiber: 0g	Cal: 100 Fat: 1g Protein: 2g Sodium: 143mg Sugar: 9g Fiber: 3g	Cal: 77 Fat: 0g Protein: 2g Sodium: 107mg Sugar: 5g Fiber: 2g	Cal: 81 Fat: 0g Protein: 1g Sodium: 150mg Sugar: 2g Fiber: 1g	Cal: 108 Fat: 1g Protein: 2g Sodium: 217mg Sugar: 10g Fiber: 1g
		Cinnamon Toast Crunch	Honey Nut Cheerios	Cocoa Puffs	Trix	Lucky Charms
		Cal: 120 Fat: 3 g Protein: 1g Sodium: 200 mg Sugar: 6g Fiber: 1g	Cal: 110 Fat: 2 g Protein: 2g Sodium: 160 mg Sugar: 9g Fiber: 2g	Cal: 89 Fat: 1g Protein: 0g Sodium: 133mg Sugar: 6g Fiber: 2g	Cal: 108 Fat: 1g Protein: 0g Sodium: 160mg Sugar: 9g Fiber: 0g	Cal: 110 Fat: 1g Protein: 2g Sodium: 170mg Sugar: 10g Fiber: 2g

	Fruit & Juice Choices	Apple	Banana	Melon (Seasonal)	Orange	100% Fruit Juice (Assorted)
		Cal: 95 Fat: 0g Protein: 0g Sodium: 2mg Sugar: 19g Fiber: 4g	Cal: 105 Fat: 0g Protein: 1g Sodium: 1mg Sugar: 14g Fiber: 3g	Cal: 46 Fat: 0g Protein: 1g Sodium: 21mg Sugar: 11g Fiber: 1g	Cal: 65 Fat: 0g Protein: 1g Sodium: 0mg Sugar: 13g Fiber: 3g	Cal: 63 Fat: 0g Protein: 1g Sodium: 15mg Sugar: 14g Fiber: 0g

	Condiment Choices	Margarine	Peanut Butter	Syrup	Jelly	Ketchup
		Cal: 33 Fat: 4g Protein: 0g Sodium: 35mg Sugar: 0g Fiber: 0g	Cal: 200 Fat: 16g Protein: 7g Sodium: 140mg Sugar: 3g Fiber: 2g	Cal: 150 Fat: 0g Protein: 0g Sodium: 55mg Sugar: 37g Fiber: 0g	Cal: 35 Fat: 0g Protein: 0g Sodium: 0mg Sugar: 9g Fiber: 0g	Cal: 10 Fat: 0g Protein: 0g Sodium: 80mg Sugar: 2g Fiber: 0g

	Milk	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat
		Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g	Cal: 110 Fat: 3g Protein: 8g Sugar: 12g
		Skim	Skim	Skim	Skim	Skim
		Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g	Cal: 90 Fat: 0g Protein: 8g Sugar: 12g
		Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate
		Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g	Cal: 130 Fat: 0g Protein: 8g Sugar: 23g