

BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN
NUTRITIOUS AND INNOVATIVE MENUS
 MIDDLE SCHOOLS & HIGH SCHOOLS



Vegan



Vegetarian



Super Bites



World of Flavors



Locally Sourced

MONDAY | 7




TUESDAY | 8

WEDNESDAY | 9

THURSDAY | 10




FRIDAY | 11

BREAKFAST

NO	NO	Egg & Cheese Flatbread Sandwich 	Turkey Sausage English Muffin	NO
SCHOOL	SCHOOL	Cinnamon French Toast Bites 	Mini Blueberry Waffles 	SCHOOL
		Fresh Banana Grape Juice	Orange Smiles Diced Pears	

Daily offerings include assorted cereal bowls with graham crackers or assorted muffins with cheese stick. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. This menu is subject to change and based upon product availability

LUNCH

		Chicken and Broccoli Alfredo with Twisted Breadstick	Southwest BBQ Chicken Pizza	
NO	NO	Teriyaki Chicken Drumstick with Dinner Roll	General Tso's Chicken Stir Fry & Veggie Lo Mein	NO
SCHOOL	SCHOOL	Grilled Cheese Sandwich 	Baked Tofu & Veggie Lo Mein 	SCHOOL
		Chicken Salad Sandwich	Hearty Garden Salad with Tortilla Chips 	
		Roasted Broccoli & Carrots Sautéed Kale w/Ginger	Roasted Broccoli Spicy Asian Vegetable Blend	
		Orange Wedges Pineapple Tidbits	Fresh Banana Applesauce	

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MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
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BREAKFAST

Hearty Oatmeal <i>With Warm Berries</i> 	French Toast Sticks <i>with Syrup</i> 	Cheese & Egg Breakfast Burrito <i>With Green Chile Salsa</i> 	Pancake & Sausage Breakfast on a Stick	Egg & Cheese Bagel Sandwich 
Mini Blueberry Waffles 	Tropical Mango Breakfast Round 	Cinnamon Roll Smoothie <i>with Graham Crackers</i> 	Protein Power Up Box 	Pumpkin Apple Spice Parfait <i>With Graham Crackers</i> 
Warm Berries Orange Juice	Fresh Apple Pineapple Tidbits 	Orange Smiles Apple Juice	Fresh Banana Mixed Fruit Salad	Fresh Pears Grape Juice 

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LUNCH

Fish Po Boy	Spicy Chicken Sandwich	Chicken Fajitas and Spanish Rice	Chicken & Waffles <i>with syrup</i>	Buffalo Chicken Pizza
Jamaican Jerk Chicken <i>with Brown rice</i>	Grecian Chicken and Citrus Rice Bowl <i>with Roasted Chickpeas</i>	Bean & Cheese Nachos 	Spicy Asian Chicken <i>with Veggie Fried Rice</i>	Baja Fish Tacos
Bean & Cheese Burrito 	Mediterranean Flatbread 	Vegan BBQ Sloppy Joe 	Vegetarian Paella and Edamame <i>w/Dinner Roll</i> 	Chana Masala <i>With Oven Fired Flatbread</i> 
Classic Hummus Box 	Hearty Garden Salad <i>With Dinner Roll</i> 	Chicken Ceasar Wrap	Greek Salad 	Tuna Salad Sandwich
Seasoned Black Beans Seasoned Roasted Sweet Potatoes	Citrus Glazed Carrots Fiesta Vegetables	Parmesan Green Beans Roasted Mexican Corn 	Seasoned Collard Greens Roasted Cauliflower 	Sauteed Spinach Mexican Black Beans 
Orange Wedges Applesauce	Fresh Whole Apple Red Seedless Grapes 	Fresh Tangerine Fresh Banana	Fresh Pear Baked Cinnamon Apples 	Fresh Banana Fresh Tangerine

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MONDAY | 21 TUESDAY | 22 WEDNESDAY | 23 THURSDAY | 24 FRIDAY | 25

BREAKFAST

Hot Cheesy Grits with Biscuit 	American Breakfast Sandwich	NO	NO	NO
Ultra Berry Bread 	Maple Madness Mini Waffles 	SCHOOL	SCHOOL	SCHOOL
Fresh Apple Grape Juice 	Orange Smiles Diced Pears			

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LUNCH

Cheese Pizza 	Brunch-Giving			
Grecian Flatbread 	Chicken and Waffles with Warm Syrup	NO	NO	NO
Veggie Pizza 	Spinach & Egg Frittata 	SCHOOL	SCHOOL	SCHOOL
Buffalo Chicken Wrap	Spinach Salad With Tortilla Chips 			
Roasted Broccoli & Carrots Ceasar Side Salad	Baked Sweet Potato Wedges Pumpkin Bread			
Orange Wedges Red Seedless Grapes	Baked Cinnamon Apples Red Seedless Grapes			

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MONDAY | 28

TUESDAY | 29

WEDNESDAY | 30

THURSDAY | DEC 1

FRIDAY | DEC 2

BREAKFAST

Chocolate French
Toast Bites *with Syrup*



Egg & Cheese Bagel



Cinnamon Roll



Turkey Sausage Biscuit
Breakfast Sandwich

Hearty Oatmeal
with Warm Berries



Orange Cranberry
Round



Protein Power Up
Breakfast Box



Maple Madness Mini
Waffles



Strawberry Guava
Danish



Pumpkin Apple Spice
Parfait
With Graham Crackers



Orange Smiles
Apple Juice

*Fresh Pears
Pineapple Tidbits*



*Baked Cinnamon Apples
Orange Juice*

*Fresh Banana
Orange Smiles*

*Warm Berries
Grape Juice*

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LUNCH

Grilled Chicken Burger

Crispy Chicken
Sandwich

Spaghetti Marinara
and Turkey
Meatballs *with Cheesy
Breadstick*

Crispy Chicken
Drumstick *with Dinner
Roll*

Buffalo Chicken Pizza

Bean & Cheese de
Chile Relleno Burrito



Tandoori Chicken *with
Citrus Herb Brown Rice*

Fajita Vegetable
Quesadilla



Mumbo Chicken
Drumstick *with Brown
Rice*

Spicy Asian Chicken
and Veggies Fried Rice

Veggie Burger
on Whole Grain Bun



Vegan Rainbow Chili
with Tortilla Chips



Lasagna Roll Up *with
Cheesy Breadstick*



Falafel and Vegetable
Sub



Veggie Pizza



Classic Hummus Box



Egg Salad Sandwich



Hearty Garden Salad
With Tortilla Chips

Jerk Chicken Wrap

Tuna Salad Sandwich

*Basil Corn Salad
Sweet Plantains*

*Moroccan Spiced Carrots
Sweet Peas*

*Mixed Garden
Vegetables
Ceasar Side Salad*



*Roasted Sweet Potatoes
Sauteed Spinach*

*Collard Greens
Ceasar Side Salad*

*Fresh Tangerine
Diced Pears*



*Red Seedless Grapes
Pineapple Tidbits*

*Fresh Banana
Diced Peaches*

*Fresh Whole Apple
Red Seedless Grapes*



*Fresh Pears
Applesauce*



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BREAKFAST

Orange Cranberry Round	Wild West Scrambled Eggs With Buttered Toast	Biscuit with Old Fashioned Country Gravy and Turkey Sausage	Whole Grain French Toast Sticks with Syrup	Hot Cheesy Grits With Biscuit
Mini Blueberry Waffles	Cinnamon Roll Smoothie w/Graham Crackers	Pumpkin Apple Spice Parfait w/Graham Crackers	Cinnamon Mini Bagels	Ultra Berry Bread
Fresh Apple Orange Juice	Fresh Tangerine Mixed Fruit Salad	Diced Peaches Apple Juice	Baked Cinnamon Apples Fresh Pears	Fresh Banana Grape Juice

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LUNCH

Grilled Cheese and Tomato Soup	Chicken Parm Pasta with Garlic Knot	Herb de Provence Drumstick with Dinner Roll	Buffalo Chicken Pizza	Popcorn Chicken Bowl With Dinner Roll
Vegan Penne Pasta Bake with Cheesy Breadstick	Chana Masala w/Oven Fired Flatbread	Enchilada Suiza	Cauliflower, Chickpea, & Potato Curry with Brown Rice	Falafel and Vegetable Sub
Bean & Cheese Nachos	Falafel Rice Bowl	Vegan Veggie Lo Mein	Veggie Burger	Vegetarian Paella with Edamame, Baked Tofu, and Dinner Roll
Buffalo Chicken Wrap	Sunbutter and Jelly Sandwich	Classic Hummus Box	Hearty Garden Salad With Tortilla Chips	Spinach Salad with Dinner Roll
Three Bean Salad Mexican Corn	Black Bean & Corn Salad Aloo Palak (Indian Spinach & Potatoes)	Garlic Mashed Potatoes Sautéed Spinach	Seasoned Potato Wedges Roasted Butternut Squash	Garden Side Salad Roasted Broccoli
Fresh Tangerine Red Seedless Grapes	Fresh Pear Diced Peaches	Red Seedless Grapes Applesauce	Fresh Banana Orange Wedges	Fresh Whole Apple Mixed Fruit Salad

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