



COLD ENTREES

Tuttie Fruitie

A delicious gluten free box containing fresh fruit, string cheese, non-fat yogurt, fresh carrots and a gluten free cereal box. It is served with a ranch cup.

Peanut Butter & Jelly

Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

Ham & Cheese Sandwich

Sliced deli ham and American cheese layered between two whole grain slices of bread. Served with a mayonnaise packet.

Garden Salad

Freshly cut romaine lettuce topped with carrots, grape tomatoes and shredded cheddar cheese. Served with a ranch cup and goldfish crackers. Comes with a pick your protein choice below.

Pick your Protein !!!

Choose from a variety of protein options to complete your garden salad !!!



HOT ENTREES

Cheesy Stuffed Breadsticks

Boscós are back !! Two oven baked soft breadsticks stuffed with real mozzarella cheese served with marinara sauce.

Hot Dogs

100% pure beef hot dog served on a whole grain bun. Served with a ketchup packet

Chicken Tenders

Golden crispy whole muscle tenderloins baked to perfection. Serves with a dinner roll and a sauce cup.

WEEKLY SPECIALS

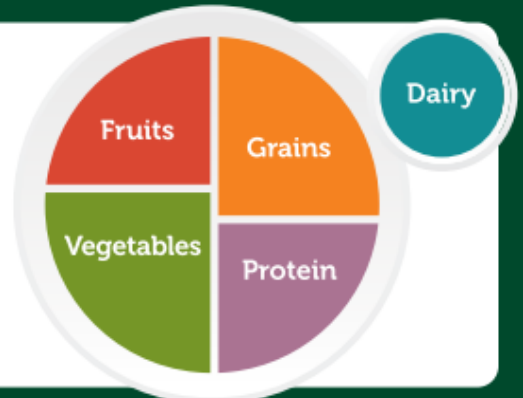
Although the K-3 schools don't have weekly specials, you will occasionally find managers specials available.

WHAT MAKES A COMPLETE MEAL:

A food item is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal.

P PROTEIN **G** GRAIN **V** VEGETABLES **F** FRUIT **D** DAIRY

- Choose 3-5 items (one must be a **FRUIT** or **VEGGIE**):
- Up to 2 **FRUIT** and/or **VEGETABLES** every day
- 1% white **MILK** or non-fat chocolate **MILK**



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