

## **COLD ENTREES**

### Tuttie Fruity

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 ranch.

### 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 a dinner roll. Comes with a pick your protein choice below.

### Pick your Protein !!!

Choose from chicken, hard boiled egg and deli meat to put on your salad. One comes with your salad. Other options may be available.



## **HOT ENTREES**

### Cheesy Stuffed Breadsticks

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

### Buffaburger with Cheese

100% pure beef patty grilled till it's juice and then topped with cheese and served on a whole wheat bun. Served with ketchup.

### Homemade Macaroni & Cheese

Freshly cooked whole grain elbow macaroni served with homemade ooey gooey cheese sauce. Oven baked with garlic herb spices, bread crumbs and parmesan cheese on top.

## **WEEKLY SPECIALS**

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

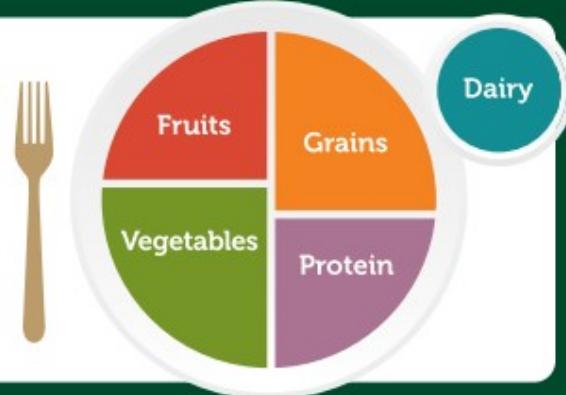


## **WHAT MAKES A COMPLETE MEAL:**

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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