



Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Sausage, Egg, & Cheese Breakfast Burrito Assorted Cereals or Cereal Bar with Graham Crackers	2 NO SCHOOL IN SERVICE DAY	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry
5 Pillsbury Apple Frudel Assorted Cereals or Cereal Bar with Graham Crackers	6 French Toast Served with Maple Syrup Assorted Cereals or Cereal Bar with Graham Crackers	7 Sausage, Egg, & Cheese Pizza Bagel Assorted Cereals or Cereal Bar with Graham Crackers	8 Mini Strawberry Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	9 Cinnamon Cream Cheese Filled Bagel Assorted Cereals or Cereal Bar with Graham Crackers	
12 Pancake & Sausage on a Stick Assorted Cereals or Cereal Bar with Graham Crackers	13 Egg & Cheese Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	14 Eggoji Waffles Served with Sausage & Maple Syrup Assorted Cereals or Cereal Bar with Graham Crackers	15 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	16 Whole Grain Bagel with Cream Cheese Assorted Cereals or Cereal Bar with Graham Crackers	
19 Whole Grain Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	20 Cheesy Scrambled Eggs Served with a Mini Biscuit Assorted Cereals or Cereal Bar with Graham Crackers	21 STRAWBERRIES & CREAM DAY Strawberries & Cream Breakfast Smoothie Assorted Cereals or Cereal Bar with Graham Crackers	22 Strawberry Cream Cheese Filled Bagel Assorted Cereals or Cereal Bar with Graham Crackers	23 Cinnamon Toast Crunch Bread Assorted Cereals or Cereal Bar with Graham Crackers	
26 NO SCHOOL MEMORIAL DAY	27 Cinnamon Toast Crunch Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	28 Sausage, Egg, & Cheese Croissant Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	29 Chef's Choice Assorted Cereals or Cereal Bar with Graham Crackers	30 Chef's Choice Assorted Cereals or Cereal Bar with Graham Crackers	(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>

Your Team
Katlyn Kirkpatrick, General Manager **Tom Krulack, Assistant Manager**
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Meal Prices
 Student Breakfast \$0.00
 Faculty Breakfast \$1.94



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



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			1 Cheesesteak Hoagie Yogurt & Cheese Craveable FEATURED VEGGIES Sliced Carrots	2 NO SCHOOL IN SERVICE DAY	What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, & chocolate, Daily Alternates Craveables Weekly Cold Cut Sandwiches or Wraps (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
5 CINCO DE MAYO Walking Taco Italian Hoagie FEATURED VEGGIES Buttered Corn	6 Chicken Patty on a Roll Italian Hoagie FEATURED VEGGIES Mixed Vegetables	7 Mini Corn Dog Nuggets Italian Hoagie FEATURED VEGGIES Baked Beans	8 Pancakes & Sausage Served with Maple Syrup Italian Hoagie FEATURED VEGGIES Tri Tater Hash Browns	9 Personal Pizza Italian Hoagie FEATURED VEGGIES Broccoli	
12 Chicken Tenders Served with Dinner Roll Turkey & Cheese Hoagie FEATURED VEGGIES Green Beans	13 Chicken Nachos Grande Turkey & Cheese Hoagie FEATURED VEGGIES Buttered Corn	14 Macaroni & Cheese Served with a Dinner Roll Turkey & Cheese Hoagie FEATURED VEGGIES Stewed Tomatoes	15 CHOCOLATE CHIP COOKIE DAY Hot Ham & Cheese on a Pretzel Roll Turkey & Cheese Hoagie FEATURED VEGGIES Sliced Carrots	16 Garlic Toast Grilled Cheese Turkey & Cheese Hoagie FEATURED VEGGIES Mixed Vegetables	
19 Meatball Hoagie Ham & Cheese Hoagie FEATURED VEGGIES Mixed Vegetables	20 Popcorn Chicken Served with Mashed Potatoes, Cheddar Cheese & Gravy Ham & Cheese Hoagie FEATURED VEGGIES Buttered Corn	21 Grilled Chicken Garden Salad Served with a Breadstick Ham & Cheese Hoagie FEATURED VEGGIES	22 VANILLA PUDDING DAY General Tso's Chicken Served with Brown Rice Ham & Cheese Hoagie FEATURED VEGGIES Broccoli	23 HAWKEYE DAY Choice of Cheeseburger or Hot Dog Served with Pasta Salad, Fresh Fruit Salad, & Chips FEATURED VEGGIES Baby Carrots & Ranch Dip	
26 NO SCHOOL Memorial Day	27 BBQ Rib Sandwich American Hoagie FEATURED VEGGIES Baked Beans	28 Cheeseburger on a Roll American Hoagie FEATURED VEGGIES Smiley Fries	29 Chef's Choice American Hoagie FEATURED VEGGIES Carrots	30 Chef's Choice American Hoagie FEATURED VEGGIES Buttered Corn	

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 Faculty Lunch \$4.73



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