

Monday

Tuesday

Wednesday

Thursday

Friday



1
 WINTER BREAK

2
 WINTER BREAK

3
 WINTER BREAK

4
 WINTER BREAK

5
 WINTER BREAK

6
 WINTER BREAK

7
 WINTER BREAK

8
 Sausage Gravy & Biscuits
 Bagel & Cream Cheese
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

9
 Chicken Biscuit
 Pancakes
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

10
 Breakfast Pizza
 Egg & Cheese Burrito
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

11
 Sausage Biscuit
 French Toast Sticks
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

12
 Panther Sandwich
 Waffles
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

13
 Sausage Gravy & Biscuits
 Bagel & Cream Cheese
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

14
 Chicken Biscuit
 Pancakes
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

15
 Breakfast Pizza
 Egg & Cheese Burrito
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

16
 HOLIDAY

17
 Panther Sandwich
 Waffles
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

18
 Sausage Gravy & Biscuits
 Bagel & Cream Cheese
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

19
 Chicken Biscuit
 Pancakes
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

20
 Breakfast Pizza
 Egg & Cheese Burrito
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

21
 Sausage Biscuit
 French Toast Sticks
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

22
 Panther Sandwich
 Waffles
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

23
 Sausage Gravy & Biscuits
 Bagel & Cream Cheese
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

24
 Chicken Biscuit
 Pancakes
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

25
 Breakfast Pizza
 Egg & Cheese Burrito
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

This menu is subject to change due to availability. For more information on which menu items may contain allergens, please contact the cafeteria manager.
 Register and create an account for your child at WWW.K12PaymentCenter.Com to add money and view purchases.
 "This is an equal opportunity provider."

Monday

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Thursday

Friday



Monday	Tuesday	Wednesday	Thursday	Friday
WINTER BREAK 6	WINTER BREAK 7	WINTER BREAK 1	WINTER BREAK 2	WINTER BREAK 3
WINTER BREAK 6	WINTER BREAK 7	Chicken, Bacon & Ranch Wrap 8 PB&J Sandwich Salad Bar, Baked Potato Broccoli & Sweet Potatoes Fresh Fruit, Juice & Milk	Beef Nacho Bowls with Salsa 9 PB&J Sandwich Salad Bar, Baked Potato Corn & Beans Fresh Fruit, Juice & Milk	Cheese Pizza 10 PB&J Sandwich Salad Bar, Baked Potato Carrots & Southwest Vegetable Blend Fresh Fruit, Juice & Milk
Panther Bacon Cheeseburger 13 Lettuce, Tomato, Pickles PB&J Sandwich Salad Bar, Baked Potato Green Beans & Onion Rings Fresh Fruit, Juice & Milk	Tacos 14 PB&J Sandwich Salad Bar, Baked Potato Corn & Refried Beans Fresh Fruit, Juice & Milk	Chicken Pot Pie 15 PB&J Sandwich Salad Bar, Baked Potato Broccoli & Sweet Potatoes Fresh Fruit, Juice & Milk	Spaghetti Dinner 16 with Dinner Roll PB&J Sandwich Salad Bar, Baked Potato Carrots & Side Salad Fresh Fruit, Juice & Milk	Cheese Pizza 17 PB&J Sandwich Salad Bar, Baked Potato Peas & Potato Wedges Fresh Fruit, Juice & Milk
HOLIDAY 20	Asian Chicken & Rice Bowl 21 PB&J Sandwich Salad Bar, Baked Potato Carrots & Cabbage Slaw Fresh Fruit, Juice & Milk	Sausage Gravy & Biscuits with Sausage Patty 22 PB&J Sandwich Salad Bar, Baked Potato Spinach & Tater Tots Fresh Fruit, Juice & Milk	Grilled Cheese & Tomato Soup 23 PB&J Sandwich Salad Bar, Baked Potato Peas & Corn Fresh Fruit, Juice & Milk	Cheese Pizza 24 PB&J Sandwich Salad Bar, Baked Potato Broccoli & Potato Wedges Fresh Fruit, Juice & Milk
Crispy Chicken Sandwich 27 PB&J Sandwich Salad Bar, Baked Potato Fries & Carrots Fresh Fruit, Juice & Milk	Walking Taco Tuesday 28 Lettuce, Cheese, & Tomato PB&J Sandwich Salad Bar, Baked Potato Corn & Black Beans Fresh Fruit, Juice & Milk	Chicken Noodle Soup 29 Grilled Cheese PB&J Sandwich Salad Bar, Baked Potato Carrots & Potato Wedges Fresh Fruit, Juice & Milk	Panther Bacon Cheeseburger 30 PB&J Sandwich Salad Bar, Baked Potato Green Beans & Onion Rings Fresh Fruit, Juice & Milk	Cheese Pizza 31 PB&J Sandwich Salad Bar, Baked Potato Broccoli Salad & Sweet Potato Fries Fresh Fruit, Juice & Milk

Choc Milk 19g
Milk 13g
Pear 27g
Orange 15.5g
Orange 5.3g,

Orange Slices 7.75g
Strawberries 5.5g
Cantaloupe 6.5g
Banana 27g

Watermelon 5.5g
Peach Cup 21g
Strawberry Cup 21g
Applesauce Cup 14g

Berry Frozen Cup 20g
Grape Juice 14g
Opt. Toppings (Avg 2 oz) –
Orange Juice 13g

Fruit Punch 14g
Strawberry Milk 12g

Blueberries 9g
White Apple 25g
Lettuce 1.6g, Cheese 0.8g,
Tomatoes 0g, Pickles 1.3g, Guac 4g, Pico de