


**Meal Prices - Include Milk**


Lunch	Free
Breakfast	Free
Adult	\$4.25
Milk	\$0.55

**BREAKFAST - Daily Special**

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Cereal, Cracker Fruit & Milk	4 Cereal, Cracker Fruit & Milk	5 Cereal, Cracker Fruit & Milk	6 Cereal, Cracker Fruit & Milk	7 Cereal, Cracker Fruit & Milk
10 Cereal, Cracker Fruit & Milk	11 Cereal, Cracker Fruit & Milk	12 Cereal, Cracker Fruit & Milk	13 Cereal, Cracker Fruit & Milk	14 Cereal, Cracker Fruit & Milk

This institution is an equal opportunity provider.

**Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Turkey & Gravy Breadstick Variety of Fruits Variety of Veggies Milk	4 Chicken Soft Taco Bean Salsa Variety of Fruits Variety of Veggies Milk	5 Hawaiian Pizza  Variety of Fruits Variety of Veggies Milk	6 Chicken Burger  Variety of Fruits Variety of Veggies Milk	7 Ham & Cheese Sub  Variety of Fruits Variety of Veggies Milk, Mashed Potatoes
10 Chicken Nuggets Roll Variety of Fruits Variety of Veggies Milk	11 Hot Dog  Variety of Fruits Variety of Veggies Milk	12 Burrito  Variety of Fruits Variety of Veggies Milk	13 Toasted Cheese Tomato Soup Variety of Fruits Variety of Veggies Milk	14 Hamburger Pork & Beans Variety of Fruits Variety of Veggies Milk

**Focus on Fruit****Fruit Tips:**

\* Choose whole or cut-up fruit instead of juice, which is missing fiber.

\* Have your fruit anyway you like!

fresh, frozen, dried or  
canned in water or juice

**Why Fruit?**

\* Supplies quick energy  
\* Makes a sweet-tasting snack that is lower in calories than chips and cookies.

\* Provides fiber, which makes you feel full and can help prevent over-eating.