

# FALL MENU

EZ JAMMERS SANDWICHES SERVED DAILY

**MONDAY**

**CHEESY GARLIC  
PIZZA  
BREAD**

**TUESDAY**

**BURGER**  
*build-it bar*

**WEDNESDAY**

**ORANGE  
CHICKEN  
& RICE**

**THURSDAY**

**BEEF  
TOSTADA**  
*build-it bar*

**FRIDAY**

**PASTA  
ALFREDO**

week of 08/28; 09/11; 09/25; 10/09; 10/23; 11/06; 11/27

**MONDAY**

**BEAN & CHEESE  
BURRITO**

**TUESDAY**

**MINI BEEF  
DOGS**  
*build-it bar*

**WEDNESDAY**

**TERIYAKI  
CHICKEN  
& RICE**

**THURSDAY**

**CHICKEN  
TAQUITO**  
*build-it bar*

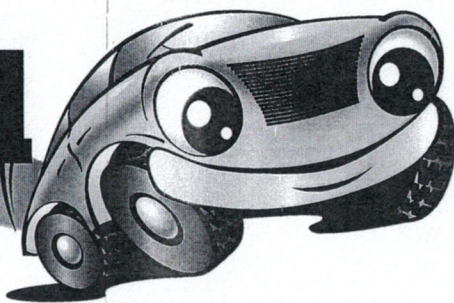
**FRIDAY**

**PEPPERONI  
PIZZA**

week of 09/04; 09/18; 10/02; 10/16; 10/30; 11/13

**MENU SUBJECT TO CHANGE**

*Fuel for*  
**School**



Lunches include a minimum requirement of 1 cup 1% or nonfat milk, 2 oz neat or meat alternative, .5 cup fruit, and 1 oz whole grain.

## Breakfast is . . . FUEL FOR SCHOOL

Our bodies are like cars. They need fuel to take us interesting places. If we don't stop at the gas station to fuel up our cars won't run.

When we wake up in the morning our fuel tanks are on empty. Our bodies are tired and our minds aren't ready for new information. That is why it is so important to fuel up in the morning. Breakfast is Fuel

### BREAKFAST MENU

Monday

**HARVEST BREAKFAST SQUARE**

Tuesday

**MINI MAPLE PANCAKES**

Wednesday

**BREAKFAST BAGEL**

Thursday

**SUNRISE SANDWICH**

Friday

**FRENCH TOAST STICK**