

## Nutrition & Wellness News April 15-18, 2024



Breakfast Menu - served 7:45-8:05 a.m.

15-18	Meatless Monday	Taco Tuesday	Waffle Wednesday	Thankful Thursday
	Bagel & Cream Cheese	Taco Scramble	Waffles & Sausage	Breakfast Sandwich
Breakfast	Assorted Cereals as an alternative to Main Entree			

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Daily Choice of Protein: String Cheese, Yogurt or Hard Boiled Egg Daily Choice of Fresh Fruits and Veggies, Applesauce or Raisins Daily Choice of Skim or 1% Fat White Milk

**Meatless Monday Test Tasting** 

## Lunch Menu



## Lunch Served 11:30am -12:50 pm

15-18	Meatless Monday	Taco Tuesday	What's up! Wednesday	Thankful Thursday
Hot Choice	Bosco Cheese Sticks Marinara Sauce	Chicken Enchilada Nachos Tortilla Chips	Beef Hot Dog Whole Wheat Bun	Tofu Lo Mein & Dumplings
Cold Choice	Peanut Butter & Jelly Sand Whole Wheat Bread with Peanut Butter and Grape Jelly	Nacho Fun Box Tortilla Chips, Cheese Sauce & Salsa	Chicken Caesar Salad Caesar Chicken on Romaine Lettuce with Parmesan Cheese	Fun Box Yogurt, String Cheese & Gold Fish Crackers

Daily Salad Bar with Fresh Fruits, Salad and Vegetable Daily Choice of Skim or 1% Fat White Milk



PROGRAM

## Fresh Fruit & Vegetable Program (FFVP)

Pepino Melon	Gooseberries	Mandarin	Rio Red Grapefruit
			Pinnacle Farms South

This institution is an equal opportunities provider. Menu subject to change without prior notice.

