


Nutrition & Wellness Menu

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



#nutrstock - 521461175

December 2024		Muffin Monday	Taco Tuesday	Waffle Wednesday	Tasty Thursday
Breakfast 	2-5	Cinnamon Roll	Breakfast Scramble Egg Chilaquiles	Chicken & Waffles	Breakfast Pizza
	9-12	Banana Bread & Smoothie	Breakfast Burrito	Cinnamon Waffles	Fruit Parfait & Granola
	16-19	Apple Cinnamon Muffin & Smoothie	Bean & Cheese Tostada	Christmas is coming Peppermint Waffles	Pancake & Sausage on a Stick
	<i>Assorted Cereals as an alternative to Main Entrée</i> Daily Choice of Protein: String Cheese, Yogurt or Hard Boiled Egg Daily Choice of Fresh Fruits, Applesauce or Raisins Daily Choice of Skim or Fat Free White Milk				

Lunch Menu - served 11:30-12:55 p.m.

December 2024		 Meatless Monday	Taco Tuesday	Where in the World? Wednesday	Thankful Thursday
Lunch Winter Break Starts Dec 20 See you next year! January 6, 2025	2-5	Kicking' Tenders	Fish Tacos Refried Beans	Thai Peanut Chicken & Noodles Bowl	Crispy Caesar Chicken Oatman Bun
	9-12	 Pad Thai Noodles	Pork Carnitas Taco Mexican Rice	Pasta & Meatballs Oatman Dinner Roll	Beef Hot Dog Whole Wheat Bun
	16-19	Grilled Cheese On Oatman Sourdough Bread Sopa Azteca	Chicken Enchilada Nachos	Roasted Chicken Dinner Biscuit & Potato	Sack Lunch Early Release
Cold Choice Of The Day		Peanut Butter & Jelly	 Nacho Fun Box	Chicken Caesar Salad	 Yogurt Fun Box

Daily Salad Bar with Fresh Fruits, Salad and Vegetables. Daily Choice of Skim or Fat Free White Milk



We Offer Fresh Fruit and Vegetable as a Snack Daily.



This institution is an equal opportunities provider.

Menu subject to change without prior notice. Meals are served Free of Charge.