

18-19 SY 3-Week Lunch Cycle Menu

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|--|---|---|---|
| Elementary | Chicken Sandwich Yogurt Parfait PBJ w/Cheese Stick Fries / Baked Beans | Ravioli w/Marinara Sauce Super Salad Pretzel Dipper PB/Cheese PBJ w/Cheese Stick Green Beans / Bread Stick | Teriyaki Chicken Super Salad Yogurt Parfait Brown Rice / Broccoli / Roll | Diced Beef w/Gravy Super Salad Pretzel Dipper PB/Cheese PBJ w/Cheese Stick Mashed Potatoes / Green Beans / Roll | Cheese or Pepperoni Pizza Yogurt Parfait Corn/Sweet Potato Fries Side Kick Juice Cup |
| Middle and High | Specialty Sandwich Super Salad | Specialty Sandwich BBQ Chicken Sandwich | Specialty Sandwich Pizza | Specialty Sandwich Chicken Sandwich | Specialty Sandwich Fish/Fries Basket |
| Breakfast | Breakfast Pizza Bagel | French Toast Bites Yogurt & Oatmeal Bar | Cheese Omelet w/ Biscuit Mini Cinni Buns | Sausage/Egg/cheese Wrap Yogurt & Oatmeal Bar | Donut/Yogurt/ cherry Bar Apple Frudel Bar |
| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Elementary | Chicken Nuggets Yogurt Parfait PBJ w/Cheese Stick Fries / Broccoli / Roll | BBQ Chicken Sub Super Salad Pretzel Dipper PB/Cheese PBJ w/Cheese Stick Sweet Potato Fries Green Beans / Breadstick | Tangerine Chicken Super Salad Yogurt Parfait Brown Rice / Broccoli / Roll | Taco Nacho's Super Salad PBJ w/Cheese Stick Refried Beans / Roll | Cheese or Pepperoni Pizza Yogurt Parfait Corn/Sweet Potato Fries Side Kick Juice Cup |
| Middle and High | Specialty Sandwich Super Salad | Specialty Sandwich Chicken Sandwich | Specialty Sandwich Pizza | Specialty Sandwich Chicken Sandwich Taco Fries | Specialty Sandwich Fish/Fries Basket |
| Breakfast | Breakfast Pizza Bagel | French Toast Bites Yogurt & Oatmeal Bar | Eggstravaganza Mini Cinni Buns | Cheese Omelet w/ Biscuit Yogurt & Oatmeal Bar | Donut/Cherry Bar/Yogurt Apple Frudel Bar |
| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Elementary | Pub Cheese Burger on a Bun Yogurt Parfait PBJ w/Cheese Stick Potato Choice Baked Beans | Fajita Chicken Wrap Super Salad Pretzel Dipper PB/Cheese PBJ w/Cheese Stick Broccoli / Breadstick | Cherry Blossom Chicken Super Salad Yogurt Parfait Brown Rice / Broccoli / Roll | Swedish Meatballs w/Gravy Super Salad Pretzel Dipper PB/Cheese PBJ w/Cheese Stick Green Beans/Mashed Potatoes | Cheese or Pepperoni Pizza Yogurt Parfait Corn/Sweet Potato Fries Side Kick Juice Cup |
| Middle and High | Specialty Sandwich Super Salad | Specialty Sandwich Chicken Sandwich | Specialty Sandwich Pizza | Specialty Sandwich Chicken Sandwich | Specialty Sandwich Fish/Fries Basket |
| Breakfast | Breakfast Pizza Bagel | French Toast Bites Yogurt & Oatmeal Bar | Breakfast Taco Mini Cinni Bun | Eggstravaganza Yogurt & Oatmeal Bar | Donut/Cherry Bar/ Yogurt Apple Frudel Bar |

Week 1 – 8/13, 9/3, 9/24, 10/15, 11/5, 12/3, 1/14, 2/4, 3/25, 4/15, 5/6, 5/27

Week 2 – 8/20, 9/10, 10/1, 10/22, 11/13, 12/10, 1/22, 2/11, 3/11, 4/1, 4/22, 5/13

Week 3 – 8/27, 9/17, 10/8, 10/29, 11/26, 12/7, 1/28, 2/19, 3/18, 4/8, 4/29, 5/20

