



Catered by Essence of Thyme and Cravings Food Service

Sample Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Tenders Potato Puffs Fruit Cocktail Whole Wheat Roll Milk	2 Meatballs on WW Sub Sweet Potato Fries Crisp Apple Milk	3 Chicken & Ziti Alfredo Broccoli Cinnamon Applesauce Milk	4 Chicken Caesar Salad Wrap Sliced Cucumbers Chilled Pears Milk	5 Low-Fat Cheese Pizza w/Veggies Italian Beans Banana Milk
6 Mexican Chicken Wrap Potato Puffs w/Ketchup Tangerine Milk	7 Macaroni and Cheese Broccoli Peaches Milk	8 Jamaican Beef Patty Southwestern Beans & Corn Tangerine Milk	9 Sweet & Sour Chicken Rice Cauliflower Pears Milk	10 Hamburger on WW Bun Sweet Potato Fries Baked Sliced Apples Milk
11 Ziti w/Meatballs Corn Grapes Milk	12 BBQ Chicken on a Bun Baked Sweet Potato Fries Tangerine Milk	13 Beef & Bean Burrito Cauliflower Banana Orange Juice Milk	14 Chicken Quesadilla Baby Carrots Fresh Fruit Milk	15 American Chop Suey Broccoli Honey Wheat Dinner Roll Apple Milk
16 Pancakes w/Syrup Sausage Pattie Baked Potato Wedges Baked Sliced Apples Milk	17 Chicken Parmesan w/Ziti Broccoli Banana Milk	18 Buffalo Chicken on a WW Wrap Chickpea Salad Grapes Milk	19 Chicken Stir Fry Brown Rice Chinese Style Vegetables Chilled Pineapple Milk	20 Turkey, Stuffing & Gravy Green Beans Apple Milk

* All Meals Come with Choice of 1% Skim Milk or Lactaid

* All Meals Comply with the National School Program Guidelines

***Before placing your order, please inform the school if you have a food allergy!**



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Sample Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bagel (3.6oz.) w/Jelly 100% Orange Juice Milk	2 Whole Wheat Blueberry Muffin (3.6 oz.) Grapes Milk	3 Whole Grain Banana Muffin (3.6 oz.) 100% Fruit Juice Milk	4 Toasty-O's (1 oz.) Fruit Cup Whole Wheat Cinnamon Graham Crackers Milk	5 Honey Graham Cereal (2 oz.) 100% Fruit Juice Milk
6 Whole Wheat Chocolate Chip Muffin (3.6 oz.) 100% Fruit Juice Milk	7 Frosted Flakes (1 oz.) Whole Grain Blueberry Graham Crackers Orange Milk	8 Low-Fat Fruit Yogurt (4 oz.) Granola Bar 100% Fruit Juice Milk	9 Cinnamon Raisin Bagel (2.5 oz.) w/Jelly 100% Orange Juice Milk	10 Crispy Rice (1oz.) Fruit Cup Whole Grain Graham Crackers Milk
11 Croissant (2.5 oz.) w/Jelly 100% Fruit Juice Milk	12 Kix (1 oz.) Whole Grain Apple Cinnamon Crackers 100% Fruit Juice Milk	13 Cinnamon Raisin Bagel (2.5 oz.) w/Jelly 100% Orange Juice Milk	14 Whole Wheat Cinnamon Roll 100% Fruit Juice Milk	15 Low-Fat Fruit Yogurt (4 oz.) Graham Crackers 100% Fruit Juice Milk
16 Frosted Mini-Wheats (1 oz.) 100% Fruit Juice Lemon Graham Crackers Milk	17 Whole Grain Apple Cinnamon Muffin (3.6 oz.) 100% Fruit Juice Milk	18 Honey Wheat Bagel (2.5 oz.) w/Jelly 100% Fruit Juice Milk	19 Raisin Bran (2 oz.) 100% Fruit Juice Milk	20 Whole Wheat Chocolate Chip Muffin (3.6 oz.) 100% Fruit Juice Milk

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