

NATIONAL SCHOOL DISTRICT MENUS

SEPTEMBER 1 - OCTOBER 7, 2022

DAILY CHOICE OF:
1% white or nonfat
flavored milk with
each meal

FREE STUDENT MEALS SERVED EVERY DAY

Breakfast is served 45 minutes before first bell

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Burrito whole grain tortilla with egg, cheese, and beef chorizo	Mini Pancakes whole wheat maple pancakes	Bagel Sandwich whole grain beef sausage & cheese	Mini Waffles whole wheat maple waffles	Banana Bread whole grain banana bread
Benefit Bar whole wheat flour and oats	Bagel & Cream Cheese whole grain bagel	Muffin Top whole grain muffin with sweet potato and chocolate chips	Blueberry Muffin whole grain muffin with blueberries	Bagel & Cream Cheese made with whole grain wheat flour
Assorted Cereal & String Cheese whole grain cereal varieties	Assorted Cereal & String Cheese whole grain cereal varieties	Assorted Cereal & String Cheese whole grain cereal varieties	Assorted Cereal & String Cheese whole grain cereal varieties	Assorted Cereal & String Cheese whole grain cereal varieties

ADULT MEAL PRICES

Breakfast Entrée \$1.00
Breakfast Meal \$1.75
Lunch Entrée \$2.00
Lunch Meal \$3.00
Whole Fruit \$0.50
Milk \$0.50

This Institution is an equal opportunity provider. Menus subject to change

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baja Fish Tacos Alaska pollock served on fresh corn tortilla	Tomato Basil Meatballs Turkey meatballs cooked in tomato basil sauce served with a roll	Orange Chicken & Rice whole grain breading	Chicken Nuggets whole grain breaded homestyle made with whole muscle chicken	Pepperoni Pizza 100% skim milk mozzarella cheese & pork pepperoni baked whole grain pizza crust
Chicken Patty Sandwich whole muscle chicken baked with whole grain breading	Chicken Drumstick baked chicken with whole grain breading served with roll	All Beef Cheeseburger 100% char-broiled beef steak burger on whole grain bun	Macaroni & Cheese whole grain pasta made with reduced sodium American cheese	Cheese Pizza 100% skim milk mozzarella cheese on baked whole grain pizza crust
Low Fat Yogurt with whole grain granola & string cheese	Low Fat Yogurt with whole grain granola & string cheese	Low Fat Yogurt with whole grain granola & string cheese	Low Fat Yogurt with whole grain granola & string cheese	Low Fat Yogurt with whole grain granola & string cheese

SALAD BAR

Choose from Fresh Fruits and Vegetables Offered Daily

Varieties Include:
Tossed Salad, Carrots, Tomatoes, Red Peppers, Broccoli, Cucumbers, Corn, Celery, Jicama, Beans, Strawberries, Blueberries, Peaches, Plums, Oranges, Apples, 100% Juice & more