

NATIONAL SCHOOL DISTRICT MENUS

DECEMBER 11, 2023 – FEBRUARY 9, 2024

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

BREAKFAST

FREE STUDENT MEALS SERVED EVERY DAY

Breakfast is served 45 minutes before first bell

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Benefit Bar whole wheat flour and oats Maple Pancake Sandwich whole wheat flour pancake with reduced sodium chicken sausage Assorted Cereal & String Cheese whole grain cereal varieties	Bagel & Cream Cheese whole grain bagel Muffin Top whole grain muffin with sweet potato and chocolate chips Assorted Cereal & String Cheese whole grain cereal varieties	Benefit Bar whole wheat flour and oats Blueberry Muffin whole grain muffin with blueberries Assorted Cereal & String Cheese whole grain cereal varieties	Maple Pancake Sandwich whole wheat flour pancake with reduced sodium chicken sausage Muffin Top whole grain muffin with sweet potato and chocolate chips Assorted Cereal & String Cheese whole grain cereal varieties	Breakfast Burrito whole grain tortilla with egg, cheese, and beef chorizo Pan Dulce whole grain pan dulce (concha) Assorted Cereal & String Cheese whole grain cereal varieties

ADULT MEAL PRICES

Breakfast Meal \$4.25
Lunch Meal \$5.75
Milk \$0.50

LUNCH

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Taquitos whole kernel corn flour tortillas with shredded chicken meat Rotini with Italian Meat Sauce & Roll whole wheat rotini with Italian beef sauce served with a whole grain roll Bean & Cheese Burrito whole grain tortilla	All Beef Cheeseburger 100% char-broiled beef steak burger on whole grain bun Tuna on Croissant freshly made tuna salad on a whole grain reduced fat croissant Low Fat Yogurt with whole grain granola & string cheese	Baja Fish Sticks whole wheat breaded Alaska pollock Chicken Sandwich Regular or Spicy whole muscle meat cooked with whole grain breading Toasted Cheese Sandwich freshly made whole grain sandwich, lightly toasted, with American cheese	Tamale in Red Sauce made with chicken & whole ground white corn masa flour Chicken Nuggets whole grain breaded homestyle made with whole muscle chicken Bosco Stick & Marinara Sauce whole grain reduced fat cheese stuffed breadstick	Pepperoni Pizza 100% skim milk mozzarella cheese & pork pepperoni baked whole grain pizza crust Cheese Pizza 100% skim milk mozzarella cheese on baked whole grain pizza crust Low Fat Yogurt with whole grain granola & string cheese

SALAD BAR

Choose from
Fresh Fruits and
Vegetables
Offered Daily

Varieties Include:
Tossed Salad,
Spinach, Lettuce,
Carrots,
Cucumber,
Tomatoes,
Jicama, Broccoli,
Cauliflower,
Beans, Oranges,
Tangerines,
Lemons,
Cantaloupe,
Grapes, Apples,
Bananas, 100%
Juice & more