

Grapeview School September 2018 LUNCH & Breakfast MENU

Breakfast Daily Offers: Fruit/Fruit Juice & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Five Star Smart Bar Romaine /Spinach (DG) Carroteenies (RO) Fresh Peppers (O) Hummus (L) Seasonal Fruit	Five Star Smart Bar Romaine /Spinach (DG) Slice Cucumbers (O) Slice Tomatoes (RO) Garbanzo Beans (L) Seasonal Fruit Can Fruit	Five Star Smart Bar Romaine /Spinach (DG) Carroteenies (RO) Broccoli (DG) Hummus (L) Seasonal Fruit	Five Star Smart Bar Romaine /Spinach (DG) Slice Cucumbers (O) Celery Sticks (O) Garbanzo Beans (L) Seasonal Fruit Can Fruit	Five Star Smart Bar Romaine /Spinach (DG) Carroteenies (RO) Fresh Peppers (O) Hummus (L) Seasonal Fruit
September 3 Labor Day Holiday	September 4	September 5 First Day of School Whole Grain Corn Dog Baked Fries Salad Bar Breakfast Assorted Cereal String Cheese	September 6 From Scratch Whole Grain Chicken Alfredo with a Twist Whole Grain Breadstick Salad Bar Breakfast Whole Grain Bagel W/Cream Cheese	September 7 Super Nachos Salad Bar Breakfast Whole Grain Sausage Pancake on a Stick W/Sugar Free Syrup
September 10 9:45am Late Start First Day of Kindergarten Whole Grain Soft Pretzel Cheese Cup Salad Bar Breakfast Whole Grain French Toast W/Sugar Free Syrup	September 11 From Scratch Whole Grain Rainbow Rice Salad Bar Breakfast Whole Grain Breakfast Burrito	September 12 Whole Grain Chicken Burger Whole Corn Salad Bar Breakfast Whole Grain Pizza Bagel	September 13 From Scratch Whole Grain Baked Spaghetti Whole Grain Breadstick Salad Bar Breakfast Whole Grain Pancakes W/Sugar Free Syrup	September 14 Whole Grain 4X6 Cheese Pizza Salad Bar Breakfast Whole Grain Egg Wrap
September 17 9:45am Late Start Whole Grain Chicken Nuggets Green Beans Salad Bar Whole Grain Breakfast Sandwich	September 18 From Scratch Whole Grain Macaroni & Trees Salad Bar Breakfast Yogurt Whole Grain Crackers	September 19 Whole Grain Corn Dog Baked Fries Salad Bar Breakfast Assorted Cereal String Cheese	September 20 From Scratch Whole Grain Chicken Alfredo with a Twist Whole Grain Breadstick Salad Bar Breakfast Whole Grain Bagel W/Cream Cheese	September 21 Super Nachos Salad Bar Breakfast Whole Grain Sausage Pancake on a Stick W/Sugar Free Syrup
September 24 9:45am Late Start Whole Grain Soft Pretzel Cheese Cup Salad Bar Breakfast Whole Grain French Toast W/Sugar Free Syrup	September 25 Whole Grain Rainbow Rice Salad Bar Breakfast Whole Grain Breakfast Burrito	September 26 Whole Grain Chicken Burger Whole Corn Salad Bar Breakfast Whole Grain Pizza Bagel	September 27 From Scratch Whole Grain Baked Spaghetti Whole Grain Breadstick Salad Bar Breakfast Whole Grain Pancakes W/Sugar Free Syrup	September 28 Whole Grain 4X6 Cheese Pizza Salad Bar Breakfast Whole Grain Egg Wrap
		Symbols for Vegetables DG – Dark Green RO—Red Orange S—Starch L—Legumes (Beans) O—Other Menu Subject to Change	Prices Breakfast: \$1.00 Reduced Brk: Free Elem. Lunch \$2.60 Reduced K-3: Free M.S. Lunch: \$2.80 Reduced 4-8: \$0.40 Milk \$0.50 Adult \$3.25	All Breakfast includes: Fruit, Fresh Assorted Fruit, 100% Juice, 1% White Milk or FF White Milk

This Institution is an equal opportunity provider.

A Friendly Reminder

Free and reduced meal applications are available throughout the year. Once an application has been approved, your child may participate in both the BREAKFAST & LUNCH meal programs. Be sure to contact us if you need assistance. 426-4921

Require for students to take a minimum of ½ cup of fruit & vegetable for it to be considered a healthy reimbursable meal!!

Eat Healthy!!!