

Breakfast Fruit offered with meal. 1% milk* or non-fat chocolate milk* optional. Free for all students. Adult breakfast \$4.50

WEEK 1

- MON: Mini Glazed Breakfast Bites 🍌
- TUE: GF Honey Cheerios Cereal 🍌
- WED: Oatmeal Chocolate Chip Bar 🍌
- THUR: Cinnamon Toast Crunch Cereal 🍌
- FRI: Banana Chocolate Chip Bar 🍌

WEEK 2

- MON: Banana Muffin 🍌
- TUE: Bagel w/ Cream Cheese or Peanut Butter 🍌
- WED: Cinnamon Swirl 🍌
- THUR: Chocolate Chip Muffin 🍌
- FRI: Blueberry Muffin 🍌

Lunch Fruits & vegetables offered with meal. 1% milk* or non-fat chocolate milk* optional. Free for all students. Adult lunch \$5.50

WEEK 1

- MON: Turkey Steak + Cheese* Hoagie
- TUE: Italian Combo Hoagie w/ Provolone*
- WED: Garden Grilled Chicken Salad w/ Flatbread
- THUR: Turkey Ham Hoagie w/ Swiss*
- FRI: Chicken Ranch Hoagie w/ Cheddar*

WEEK 2

- MON: Chicken Wrap w/ Chipotle Ranch
- TUE: Bacon, Lettuce + Tomato Sandwich
- WED: Garden Grilled Chicken Salad w/ Flatbread
- THUR: Spicy Chicken Salad Hoagie
- FRI: Bacon + Turkey Hoagie w/ Swiss*

🍌 Vegetarian 🥜 Contains Peanut *Made from cows not treated with rBST

This institution is an equal opportunity provider. Menus are subject to change without notice.

Did You Know?

1. 98% of all pears grown in the US are grown in California, Oregon and Washington.
2. Pears are best when eaten with the peel-that is where most of the fiber is found!
3. Fiber comes in 2 forms: insoluble and soluble. Insoluble fiber helps move food through the body. Soluble fiber helps pull cholesterol out of the body and helps you feel full.



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FEATURED MENU ITEM:

Spicy Chicken Salad Hoagie

The Spicy Chicken Salad Hoagie is available every other Thursday!

Featuring chicken tossed with Ken's Chipotle Ranch Dressing, green onion, and celery on a whole wheat hoagie roll.

Due to major supply chain disruptions or staffing limitations, food items may be substituted due to unplanned shortages or limited availability.



FARM 2 SCHOOL: PEARS

This month look for California grown PEARS on our menus!