

Breakfast

Cereals:

GF Rice Chex
GF Rice Chex- Cinnamon

Grains:

GF Blueberry Muffin
GF Plain Bagel

Entrees:

Breakfast Sandwich
(GF bun/bagel, egg, sausage)

Milk:

Pacific Soymilk

Fruits:

All fresh/frozen/canned fruits
Juice

Lunch

Grains:

Corn Chips
Hamburger Bun
Flatbread
Brown Rice

Proteins:

Grilled Chicken Breast
Grilled Chicken Strips
Breaded Chicken Tenders
Deli Meats
Hummus
Meatballs
GF Teriyaki Chicken
Ground Beef
Hamburger Patty

Fruits/Veg:

All fresh/canned/frozen fruits and vegetable:
F/V bar available daily

Milk:

Pacific Soymilk

Entrees:

Deli Sandwich (Turkey or Ham, no cheese)
Nachos (no cheese)
Chicken Tenders w/ Potatoes
GF Teriyaki Chicken w/ Rice
Chef Salad/Italian Salad/Chicken Salad (no cheese, with corn chips)
GF Flatbread with Hummus
Hamburger on GF bun
Grilled Chicken on GF Bun
Meatballs on GF bun (no cheese)

