



2023-24

SELF Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	All Beef Hot Dog Baked Beans Fresh Baby Carrots Frozen Sorbet Cup Very Berry Juice 9-12 Ketchup/Mustard	Popcorn Chicken Dinner Roll Mashed Potatoes Fresh Celery Sticks Pineapple Tidbits Very Berry Juice 9-12	Cheesy Bosco Sticks ★ Marinara Dipping Sauce Fresh Broccoli Florets Dragon Punch Blueberries w/ Topping Very Berry Juice 9-12	Chicken Sandwich Steamed Sweet Corn Dill Pickle Chips Fresh Apple Slices Very Berry Juice 9-12 Ketchup/Mustard/Mayo	Cheesiest Cheese Pizza ★ Italian Green Beans Fresh Grape Tomatoes Strawberries Very Berry Juice 9-12 Ranch
WEEK 2	Chicken Nuggets-7 piece Vegetable Medley Fresh Celery Sticks Frozen Sorbet Cup Very Berry Juice 9-12 Ketchup/Ranch/BBQ	Buttermilk Pancakes ★ Hashbrown Stars Colby Cheese Cubes Mango Wango Juice Strawberries Sugar Free Syrup/Ketchup Very Berry Juice 9-12	Orange Chicken White Rice Fresh Broccoli Florets Fresh Grape Tomatoes Pineapple Tidbits Very Berry Juice 9-12 Ranch	Viking Burger Baked Beans Fresh Cucumber Slices Fresh Apple Slices Very Berry Juice 9-12 Ketchup/Mustard/Mayo Ranch	Pizza Crunchers ★ Marinara Dipping Sauce Steamed Sweet Corn Fresh Baby Carrots Blueberries w/ Topping Very Berry Juice 9-12 Ranch
WEEK 3	Macaroni & Cheese ★ Garlic Breadstick Steamed Broccoli Fresh Grape Tomatoes Frozen Sorbet Cup Very Berry Juice 9-12 Ranch	Beef Taco on a Soft Tortilla Shell Cheddar Cheese Refried Beans Frito Corn Chips Salsa Cup Very Berry Juice 9-12	Chicken Tenders Steamed Sweet Corn Fresh Baby Carrots Blueberries w/ Topping Very Berry Juice 9-12 Ranch/BBQ/Ketchup	French Toast Sticks ★ Sausage Links Triangle Hashbrown Dragon Punch Pineapple Tidbits Very Berry Juice 9-12 Ketchup	Cheesiest Cheese Pizza ★ Vegetable Medley ★ Fresh Cucumber Slices Strawberries Very Berry Juice 9-12 Ranch
<p>Students in grades 9-12 will receive a Very Berry Juice each day with their lunch.</p> <p>Meatless option ★</p>					

BREAKFAST
Monday: Confetti Pancakes
Tuesday: Mini Maple Waffles
Wednesday: Chocolate Chip French Toast
Thursday: Blueberry Waffles
Friday: Cinnamon Bun
Add: FRUIT, APPLE JUICE, AND MILK .
Power Up with Breakfast!

All meals include choice of low fat or fat free milk.

