

2019 HIGH SCHOOL BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Breakfast: Long John Hor Dog Sun Chips Alt: Cook's Choice Fresh Strawberries Baby Carrots Brownie
4 Breakfast: Pancake Sausage Stick Personal Pepperoni Pizza Corn Fresh Veggies w/ Hummus Grapes <i>Alt: Trevor T's Soft Pretzel w/ Cheese Sauce</i>	5 Breakfast: Breakfast Pizza Corn dog Tator Tots Romaine Salad Chilled Pears Rice Krispie Treat <i>Alt: BBQ Pork on a Bun</i>	6 No Breakfast 2 Hour Late Start Burrito Bowl Day (aka as Alexa's Day) Refried Beans Mexican Rice/Baja Veggies Shredded Lettuce Diced Tomatoes/Salsa Kiwi Cinnamon Bread <i>Alt Fruit an Yogurt Parfait w/ Cinnamon Bread</i>	7 Breakfast: Pancakes Chicken and Noodles over Mashed Potatoes Breadstick Baby Carrots Pineapple Tidbits Dinner Roll <i>Alt: Salisbury Steak w/ Gravy</i>	8 Breakfast: Mini Cinni Donuts Pork Tenderloin Broccoli w/ Cheese Sauce Banana <i>Alt: Shredded Beef Nacho's w/ Queso Sauce</i>
11 Breakfast: Breakfast Slider0 Cheese Sticks w/ Marinara Sauce Green Beans Fresh Strawberries Fresh Broccoli w/ Hummus Jello <i>Alt: Goulash</i>	12 Breakfast: Sausage and Gravy over Biscuit Mandarin Orange Chicken Rice Oven Roasted Veggies Pineapples w/ Mandarin Oranges Dinner Roll <i>Alt: Breakfast Pizza</i>	13 Breakfast: Cherry Frudel Walking Taco Shredded Lettuce Diced Tomatoes/Salsa Shredded Lettuce Black Beans Sliced Apples Churro <i>Alt: Lasagna Rollup w/ Breadstick</i>	14 Breakfast: Omelet w/ Sausage Patty Homestyle Chicken and Noodle Soup w/ Deli Sub Romaine Salad Sliced Red Peppers Applesauce Dinner Roll <i>Alt: Philly Steak Sandwich w/ Onions and Peppers</i>	15 Breakfast: Long John Belgian Waffle Omelet Fresh Strawberries Dragon Juice Warm Cinnamon Apples <i>Alt: Chicken and Cheese Enchilada w/ Queso Sauce</i>
18 Breakfast: Pancake Sausage Stick Chicken Tender Smiley Potatoes Grapes Fresh Broccoli w Hummus Biscuit w/ Jelly <i>Alt: Build Your Own Yogurt Parfait</i>	19 Breakfast: Breakfast Pizza General Tso w/ Rice Stir Fry Veggies Spinach Salad Chilled Pears Pudding Cup <i>Alt: Bosco Cheese Sticks w/ Marinara Sauce</i>	20 Breakfast: Breakfast Sandwich Pepperoni Cheese Flatbread Corn Kiwi Snicker Doodle Cookie <i>Alt: Loaded Cheesy Potato Fiesta Ole'</i>	21 Breakfast: Pancakes Chili Baby Carrots Grape Tomatoes Cinnamon Roll <i>Alt: Baked Potato w/ Ham and Cheese Sauce</i>	22 Breakfast: Mini Cinn Donuts Beefburger Onion Rings Banana <i>Alt: Weiner Wink</i>
25 Breakfast: Breakfast Slider Crispy Chicken on a Bun Sweet Potato Fries Fresh Broccoli w/ Hummus Fresh Strawberries <i>Alt: Tator Tot Casserole</i>	26 Breakfast: Sausage Gravy over Biscuit Pasta w/ Marinara Meatballs Green Beans Caesar Salad Pineapple w/ Mandarin Oranges Breadstick <i>Alt: Pasta w/ Chicken Alfredo Sauce</i>	27 Breakfast: Cherry Frudel Soft Shell Taco Refried Beans Diced Tomatoes/Salsa Shredded Lettuce Sliced Oranges Cinnamon Bread <i>Alt: Cook's Choice</i>	28 Omelet w/ Sausage Patty Flying Saucer Baby Carrots Applesauce Dinner Roll <i>Alt: Country Fried Steak w/ Gravy</i>	Grab and Go Options: Monday- PBJ Pack Tuesday-Yogurt Pack Wednesday-Chef Salad Thursday-Yogurt Pack Friday-PBJ Pack

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.