



Serving Only
Hormone Free Milk
(V) Notes a Vegetarian Meal

Breakfast Menu

No Pork
Products
Served

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1 Honey Kissed Sausage Pancake Stack Fresh Fruit Choice Of Milk	2 French Toast Sticks Maple Syrup Fresh Fruit Choice Of Milk	3 WG Banana Muffin Assorted Yogurt Fresh Fruit Choice Of Milk
6 Cream Cheese Stuffed Bagels Fresh Fruit Choice Of Milk	7 Lemon Chip Crisp Bars Fresh Fruit Choice Of Milk	8 Turkey Bacon and Scrambled Egg Pizza Or Turkey Sausage Breakfast Pizza Fresh Fruit Choice Of Milk	9 Mini Alphabet Treats Strawberry Go-Gurt Fresh Fruit Choice Of Milk	10 Mini Cinni's Fresh Fruit Choice Of Milk
13 WG Orange Muffin Assorted Yogurt Fresh Fruit Choice Of Milk	14 Turkey Sausage and Scrambled Egg Pizza Fresh Fruit Choice Of Milk	15 Assorted Breakfast Rounds Strawberry Go-Gurt Fresh Fruit Choice Of Milk	16 Apple Cinnamon Muffin Assorted Yogurt Fresh Fruit Choice Of Milk	17 Honey Wheat Bagel Low Fat Cream Cheese Fresh Fruit Choice Of Milk
20 No School	21 Turkey Sausage Egg and Cheese Sliders Fresh Fruit Choice Of Milk	22 Fresh Baked Blueberry Muffin Turkey Sausage Patties Fresh Fruit Choice Of Milk	23 Mini Cinni's Fresh Fruit Choice Of Milk	24 Fruit Pockets Fresh Fruit Choice Of Milk
27 Assorted Mini Pancakes Fresh Fruit Choice Of Milk	28 Scrambled Eggs w/ Home Fries Whole Wheat English Muffin Fresh Fruit Choice Of Milk	1	2	3
6	7	8	9	10

Healthy Breakfast's that work!



Make your Plate a Healthy Plate.
Reach for nutritious Snacks.

LINTONS
Food Service Management

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Serving Only
Hormone Free Milk

Lunch Menu

No Pork
Products
Served

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
		BBQ Beef Riblet on Whole Grain Bun Turkey and Cheese Deli Sandwich BBQ Chicken Salad	Turkey Ham & Cheese Pretzel Melt w/ Mustard Egg Salad Sandwich Southwest Chicken Salad	SUPER BOWL PARTY  Turkey Chili w/ Tortilla Chips Cheddar Cheese & Sour Cream Brownie Cookie TURKEY HOAGIE Fruit and Cheese Tray (V)
		Roasted Sweet Potatoes Herb Peas & Carrots	Tator Tots Broccoli	
6	7	8	9	10
Cheese Pizza (V) Fresh Fruit Chicken Caesar Wrap Greek Salad	Meatball Sub on Whole Grain Steak Roll Buffalo Chicken Wrap Taco Salad	Macaroni & Cheese W/ Crispy Chicken Nuggets Turkey and Cheese Deli Sandwich BBQ Chicken Salad	Oven Baked Rotisserie Chicken Whole Grain Biscuit Egg Salad Sandwich Southwest Chicken Salad	Turkey Burger on Whole Grain Bun Turkey Hoagie Fruit and Cheese Tray (V)
Garbanzo Bean Salad	Sweet Potato Fries Teriyaki Marinated Green Beans	Homestyle Collard Greens	California Blend Veg. Creamy Whipped Potatoes	Grandma's Potato Salad
13	14	15	16	17
Turkey Dinner Bowl w/ Whole Grain Corn Muffin Chicken Caesar Wrap Greek Salad	Oven Fried Chicken Whole Grain Corn Muffin Buffalo Chicken Wrap Taco Salad	Super Beef Nacho Supreme Tortilla Chips Turkey and Cheese Deli Sandwich BBQ Chicken Salad	Oven Baked BBQ Chicken Whole Grain Biscuit Egg Salad Sandwich Southwest Chicken Salad	Turkey and Cheese Deli Sandwich Fresh Fruit Turkey Hoagie
Creamy Whipped Potatoes Garlic Butter Green Beans	Broccoli Garlic & Herb Roasted Potatoes	Fiesta Corn Salsa	Cajun Black Beans Orange Glazed Carrot	Salsa & Tortilla Chips
20	21	22	23	24
No School	Turkey Ham & Cheese Pretzel Melt Buffalo Chicken Wrap Taco Salad	Salisbury Steak Turkey and Cheese Deli Sandwich BBQ Chicken Salad	Old Bay Fish Sandwich w/ Cheese (V) Egg Salad Sandwich Southwest Chicken Salad	Personal Pizza Turkey Hoagie Fruit and Cheese Tray (V)
	Waffle Fries Herb Peas & Carrots	Creamy Whipped Potatoes Roasted Squash	Roasted Baby Carrots Seasoned French Fry Sticks	Garden Salad
27	28	1	2	3
General Tso's Chicken WG Asian Noodles Chicken Caesar Wrap Greek Salad	Buffalo Cheese Crunchers Fresh Fruit Buffalo Chicken Wrap Taco Salad			
Roasted Oriental Vegetables	Chilled Baby Carrots with Ranch			



Healthy Food, Healthy Teeth

Before you start munching on a snack, ask yourself what's in the food you've chosen. Keep in mind that certain kinds of sweets can do more damage than others. Goopy or chewy sweets spend more time sticking to the surface of your teeth and can damage them.

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Make your Plate a Healthy Plate.
Eat **Calcium** Rich foods for Strong Bones.

