**B: Bagel/Fruit/Milk**

CHICKEN FAJITAS

BEANS/CORN

TORTILLAS

FRUIT/MILK

Breakfast offers 1 cup fruit/vegetable, students must take at least ½ cup.

Lunch offers ½ cup fruit and ¾ cup vegetable, students must take at least ½ cup fruit/vegetable.

1 cup Milk options are offered for both breakfast and lunch.

Special milk (soy & lactose free only) requests must have a signed parent form on file.

**B: Overnight Oats/Fruit/Milk**

CHICKEN NOODLES

BREADSTICK

PEAS/BROCCOLI

FRUIT/MILK

**B: Bagel/Fruit/Milk**

BEEF TACO BOAT

BEANS/CHEESE/SALSA

TORTILLA CHIPS

FRUIT/MILK

**B: Pancakes/Fruit/Milk**

TURKEY SANDWICH

LETTUCE/TOMATO/PICKLE

VEGGIE STICKS

FRUIT/MILK

**B: Parfaits/Fruit/Milk**

BBQ CHICKEN SANDWICH

LETTUCE/TOMATO/PICKLE

VEGGIE STICKS

FRUIT/MILK

**B: French Toast**

PIZZA

VEGGIE STICKS/DIP

FRIUT/MILK

**B: Breakfast Pizza/Fruit/Milk**

PB & JELLY SANDWICH

CHEESE STICK

VEGGIE STICKS

FRUIT/MILK

**B: Cereal/Cheese/Fruit/Milk**

MINESTRONE SOUP

GRILLED CHEESE

SALAD

FRUIT/MILK

**B: Oatmeal/Sausage/Fruit/Milk**

BEEF VEGGIE SOUP

GRILLED CHEESE

SALAD

FRUIT/MILK

**B: Cereal/Cheese/Fruit/Milk**

TEX MEX SOUP

SALAD/SALSA

TORTILLA CHIPS

FRUIT/MILK

**B: Oatmeal/Sausage/Fruit/Milk**

CHICKEN NOODLE SOUP

GRILLED CHEESE

SALAD/CARROTS

FRUIT/MILK

**B: Muffin/HB Egg/Fruit/Milk**

CHICKEN VEGGIE WRAP

CHEESE/LETTUCE/TOMATO

VEGGIE STICKS/SPICY RANCH

FRUIT/MILK

**B: English Muffin/Fruit/Milk**

PULLED PORK/BUN

COLESLAW

POTATO WEDGES

FRUIT/MILK

**B: Muffin/HB Egg/Fruit/Milk**

BREAKFAST BURRITO

BEANS/SALSA

TORTILLA CHIPS

FRUIT/MILK

**B: English Muffin/Fruit/Milk**

HAMBURGER

LETTUCE/TOMATO/ONION/PICKLE

POTATO FRIES

FRUIT/MILK

**B: Biscuits/Gravy/Fruit/Milk**

SHEPHERDS PIE

CARROTS/PEAS

ROLL

FRUIT/MILK

**B: Overnight Oats/Fruit/Milk**

CHICKEN & BISCUITS

CARROTS

ROLL

FRUIT/MILK

**B: Biscuits/Gravy/Fruit/Milk**

SPAGHETTI

BREADSTICK

SALAD/GREEN BEANS

FRUIT/MILK

**B: Bagel Bar/Fruit/Milk**

BEAN BURRITO

CORN/SALSA

TORTILLA CHIPS

FRUIT/MILK

**B: Cereal/Yogurt/Fruit/Milk**

CHICKEN TACO BOAT

BEANS/SALSA

TORTILLA CHIPS

FRUIT/MILK

**B: Cereal/Yogurt/Fruit/Milk**

CHICKEN QUESADILLA

BEANS/SALSA

TORTILLA CHIPS

FRUIT/MILK

**MONTAGUE ELEMENTARY SCHOOL**