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.

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

HAMBURGER

LETT/TOM/ONION/PICKLE

BAKED BEANS

FRUIT/MILK

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

CHICK PENNE

BROCCOLI

CARROTS/ROLL

FRUIT/MILK

**B: Bagel/Fruit/Milk**

GROUND BEEF & SPANISH RICE

CORN/SALSA

TORTILLA CHIPS

FRUIT/MILK

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

CHICKEN ALFREDO

GREEN BEANS

CARROTS/ROLL

FRUIT/MILK

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

Special meal accommodations must have a signed medical form on file.

**B: Pancakes/Fruit/Milk**

PIZZA

VEGGIE STICKS/DIP

FRUIT/MILK

**B: French Toast/Fruit/Milk**

TURKEY SANDWICH

LETTUCE/TOMATO/PICKLE

VEGGIE STICKS

FRUIT/MILK

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

HAM SANDWICH

LETTUCE/TOMATO/PICKLE

VEGGIE STICKS

FRUIT/MILK

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

TAMALE PIE

SALSA/JALAPENO

TORTILLA CHIPS

FRUIT/MILK

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

CHICKEN VEGGIE SOUP

GRILLED CHEESE

SALAD

FRUIT/MILK

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

BEEF VEGGIE SOUP

CHEESE STICK

SALAD/ROLL

FRUIT/MILK

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

CHICKEN CAESAR WRAP

VEGGIE STICKS

FRUIT/MILK

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

CHICKEN VEGGIE WRAP

VEGGIE STICKS

FRUIT/MILK



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

TURKEY WRAP

VEGGIE STICKS

FRUIT/MILK

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

SHEPHARDS PIE

CORN/ROLL

CARROTS

FRUIT/MILK

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

MAC N CHEESE

CORN/ROLL

CARROTS

FRUIT/MILK

**SNOW DAY**

**NO SCHOOL!**

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

CHICKEN TACO SALAD

BLACK BEAN SALSA

TORTILLA CHIPS

FRUIT/MILK

**MONTAGUE ELEMENTARY SCHOOL**