	<u>11/04</u>	<u>11/05</u>	<u>11/06</u>	<u>11/07</u>	<u>11/08</u>
Breakfast	Cinnamon Toast Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Egg Patty Sausage Patty/Link Toast Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Pancake Sausage on a Stick Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Biscuits and Gravy Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Breakfast Casserole, Ham Breakfast Casserole, Sausa Muffin, Assortment Cereal, Rte Bow Variety Wg Poptart, Wg Sing Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait
Lunch	Hamburger Cheese, Slice, American French Fries Baked Beans Baby Carrots Fresh Fruit	Mac & Cheese Bread Stick Crispy Taco Peas Tossed Salad Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Tangerine Chicken Korean Meatballs Brown Rice Tossed Salad Grape Tomatoes Fresh Fruit	Pizza Pocket, Pepperoni Chicken Wrap Glazed Carrots Corn Fresh Fruit
Meals on Wheels	Chicken Alfredo Broccoli Garlic Bread Dessert	Beef Stroganoff Scalloped Potatoes Dinner Roll Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Tangerine Chicken Rice, White Broccoli Dessert	Chicken Fried Chicken Country Gravy Vegetable Selection Mashed Potatoe Dessert

	<u>11/04</u>	<u>11/05</u>	<u>11/06</u>	<u>11/07</u>	<u>11/08</u>
Breakfast	Cereal, Variety	Breakfast Burrito	Cereal, Variety	Cinnamon Rolls	Maple Waffle
	Bowl	-Or-	Bowl	-Or-	-Or-
	-Or-	Cereal, Variety	-Or-	Cereal, Variety	Cereal, Variety
	Pastries	Bowl	Donuts, Mini	Bowl	Bowl
	Juice, 100%	Pastries	Chocolate	Pastries	Pastries
	Assortment	Juice, 100%	Juice, 100%	Juice, 100%	Juice, 100%
	Applesauce Cup	Assortment	Assortment	Assortment	Assortment
	Cinnamon 4.5Oz	Applesauce Cup	Applesauce Cup	Applesauce Cup	Applesauce Cup
	Milk, 1% Lowfat	Cinnamon 4.5Oz	Cinnamon 4.5Oz	Cinnamon 4.5Oz	Cinnamon 4.5O
	Н	Milk, 1% Lowfat	Milk, 1% Lowfat	Milk, 1% Lowfat	Milk, 1% Lowf
	Milk, Choc Non	Н	H	Н	Н
	Fat	Milk, Choc Non	Milk, Choc Non	Milk, Choc Non	Milk, Choc Nor
	Raisins, Azar	Fat	Fat	Fat	Fat
	Power Snack	Raisins, Azar	Raisins, Azar Power Snack	Raisins, Azar	Raisins, Azar
		Power Snack	POwer SlidCk	Power Snack	Power Snack
Lunch	Hamburger	Beef Burrito	Popcorn Chicken	Tangerine Chicken	Fiesta Pizza
	Cheese, Slice,	Mac & Cheese	Mashed Potatoes	Chicken Leg	Glazed Carrots
	American	Bread Stick	Green Beans	Brown Rice	Corn
	Potato Smiles	Bean Salad	Dinner Roll	Tossed Salad	Applesauce,
	Baked Beans	Tossed Salad	Applesauce,	Grape Tomatoes	Sweetened
	Baby Carrots	Applesauce,	Sweetened	Applesauce,	
	Applesauce, Sweetened	Sweetened		Sweetened	

	<u>11/04</u>	<u>11/05</u>	<u>11/06</u>	<u>11/07</u>	<u>11/08</u>
Breakfast	Biscuits and Gravy -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Croissant Breakfast Sandwich -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Biscuit Scrambled Eggs Sausage Patty/Link -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Biscuits and Gravy -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	-Or- Muffin Assortmen Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait
Bowls Italian and Asian	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS PHO Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection
Bowls Mexican and American	Build Your Own Taco Bowl Nachos Meat & Cheese	Build Your Own Taco Bowl Nachos Meat & Cheese	Build Your Own Taco Bowl Nachos Meat & Cheese	Build Your Own Taco Bowl Nachos Meat & Cheese	Build Your Own Taco Bowl Nachos Meat & Cheese
CHIX Lunch	Chicken Wings Chicken Patty Sandwich Dinner Roll French Fries Assorted Fresh Fruit	Popcorn Smackers Hamburger French Fries Dinner Roll Assorted Fresh Fruit	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Assorted Fresh Fruit	Buffalo Chicken Chunks Steak Fingers Dinner Roll French Fries Assorted Fresh Fruit	Popcorn Smackers BBQ Beef Sandwich Dinner Roll Assorted Fresh Fruit
Eat Muchos Tacos	Chicken Tamale Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	Chicken Quesadilla Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	Taco Bar BYO Stuffed Burrito Tostado Street Taco Chicken Day Mexi Beans Mexi Rice Fresh Fruit	Build it! Mexi Mac & Cheese Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	Enchilada, Beef Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit

	PO	NCA CITY HIGH	SCHOOL (CONTI	NUED)	
On the FLY	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
	Crispy Chicken Salad	Fish Tacos Crispy Chicken	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad
	Salad, Ham Garden	Salad Salad, Ham	Salad, Ham Garden	Salad, Ham Garden	Salad, Ham Garden
	Chicken Salad	Garden	Chicken Salad	Chicken Salad	Chicken Salad
	Spinach Salad w/Berries	Chicken Salad Spinach Salad	Spinach Salad w/Berries	Spinach Salad w/Berries	Spinach Salad w/Berries
	Chicken Wrap	w/Berries	Chicken Wrap	Chicken Wrap	Chicken Wrap
	Combo Sub	Chicken Wrap	Combo Sub	Combo Sub	Combo Sub
	Assorted Fresh Fruit	Combo Sub Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Ot			line featuring FRESE e, and grains will be o	H menu items. offered as part of the	meal.
			hes, 100% Juice, and d are subject to availa	5 5	

WASHINGTON PRE-K CENTER						
	<u>11/04</u>	<u>11/05</u>	<u>11/06</u>	<u>11/07</u>	<u>11/08</u>	
Lunch	Hamburger	Mac & Cheese	Popcorn Chicken	Steak Fingers	Fiesta Pizza	
	Cheese, Slice,	Tossed Salad	Mashed Potatoes	Tossed Salad	Corn	
	American	Applesauce, Unswt	Applesauce, Unswt	Applesauce, Unswt	Applesauce, Unswt	
	Potato Smiles	Cinnamon	Cinnamon	Cinnamon	Cinnamon	
	Applesauce, Unswt					
	Cinnamon					
	Mer	us may change and a	are subject to availabi	ility.		

	<u>11/04</u>	<u>11/05</u>	<u>11/06</u>	<u>11/07</u>	<u>11/08</u>
Breakfast	Breakfast Pizza -Or-	Biscuit/Egg & Cheese	Cereal, Variety Bowl	Cinnamon Rolls -Or-	Chocolate Chip Bar
	-Or- Cereal, Variety Bowl -Or- Pastries Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	-Or- Cereal, Variety Bowl Pastries Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	-Or- Donuts, Mini Chocolate Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	-Or- Cereal, Variety Bowl Pastries Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	-Or- Cereal, Variety Bowl Juice, 100% Assortment Applesauce Cup Cinnamon 4.50 Milk, 1% Lowfa H Milk, Choc Nor Fat Raisins, Azar Power Snack
Lunch	Chicken Wrap Hamburger Cheese, Slice, American Potato Smiles Baked Beans Baby Carrots Applesauce, Sweetened	Mac & Cheese Cheese Ravioli Garlic Bread Bean Salad Tossed Salad Applesauce, Sweetened	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Applesauce, Sweetened	Tangerine Chicken Chicken Leg Brown Rice Tossed Salad Grape Tomatoes Applesauce, Sweetened	Fiesta Pizza Glazed Carrots Corn Applesauce, Sweetened