

Cost:
Breakfast \$1.20 **Adult/Non MES student breakfast** \$2.40
Student Lunch \$2.50 **Milk Only** \$.60
Break/Lunch Reduced Meal \$.30/.40 **Adult Lunch** \$5.50
(Milk Included in all lunches)

BREAKFAST: 7:15 – 7:45 A.M.
NOTE: MENU SUBJECT TO



Mon	Tue	Wed	Thu	Fri
1 	2 Breakfast: Cereal (Honey Nut), WG Toast & Jelly, Mixed Fruits, Craisins Lunch: Teri Cheese Burger, Bake Beans, House Salad w/ Baby Carrots, Grape Juice Gr 3/PS/2 – Artic (blue)	3 Breakfast: Fresh Bake Bumbucha Biscuit, Bake Turkey Ham Slice, Peach Slice, Orange Juice Lunch: Turkey Pastrami Sandwich, House Salad w/ Baby Carrots, Fruit Cocktail	4 Breakfast: Greek Yogurt, WG Cheese Toast, Pineapple Chunks, Grape Juice Lunch: Vegetarian Lasagna Hot Medley of Vegetables Apple Wedge Banana Muffin Gr 5 – Artic (blue)	5 Breakfast: Fresh Papaya, Breakfast Quesadilla, Apple Juice Lunch: Mock Lau Lau, Steamed Rice, Lomi Tomato, Fresh Pineapple Spears
7 Breakfast: Belgian Waffle w/ Syrup, Mixed Fruits, Grape Juice Lunch: Breaded Chicken Strips w/ Rice Dice Pears, House Salad Gr 4/5 – Artic (wht)	8 Breakfast: Breakfast Burrito, Pineapple Chunks, Apple Juice Lunch: Cheesy Chili Tots & Biscuits, Veggie Sticks Apple Wedge Shortbread Cookie Gr 3/PS/2 – Artic (wht)	9 Breakfast: Pork Patty w/ Biscuit & Gravy, Slice Peaches, Craisins Lunch: Western BBQ Pulled Pork Sandwich Curly Fries, House Salad, Fruit Slushy Gr K/1 – Artic (wht)	10 Breakfast: Pancake w/ Syrup, Fresh Banana, Orange Juice Lunch: Vegetarian Patty w/ rice & Gravy Mixed Fruits Mixed Vegetables, Hummus & Baby Carrot	11 Breakfast: Fresh Bake Cinnamon Roll, Pineapple Chunks, Orange Wedge Lunch: Southern Bake Chicken w/ Gravy & Mash Potatoes WG Roll, Corn, Orange Wedge Gr 6 – Artic (wht/blue) Gr 4 – Artic (blue)
14 Breakfast: Frankfurter, Steamed Rice, Chilled Peaches, Grape Juice Lunch: Golden Chicken Nuggets Steamed Rice, Cole Slaw, Hot Broccoli & Carrots, Apple Wedge Gr K/1 – Artic (blue)	15 Breakfast: Pepperoni Pizza Stix, Fresh Orange Wedge, Apple Juice Lunch: Philly Cheese Steak Sandwich, House Salad w/ Grape Tomato, Fruit Juice Gr 3/PS/2 – Artic (blue)	16 Breakfast: Fresh Banana, Cereal, Toast & Asst Jelly, Apple Juice Lunch: Popcorn Chicken Steamed Rice Fruit Slushy, Bake Beans, Rainbow Salad	17 Breakfast: Pork Link Sausage, Steamed Rice, Mixed Fruits, Orange Juice Lunch: Breaded Chicken Nugget Seasoned Potato Wedge, Veggie Sticks, Fresh Fruit in Season Gr 4/5 – Artic (blue)	18 Breakfast: Turkey Ham Melt, Pineapple Chunks, Craisins Lunch: Roast Turkey w/ Gravy Steamed Rice Canned Fruits, Coleslaw, Fresh Broccoli & Baby Carrots Gr 6 – Artic (blue)
21 Breakfast: Pizza Regal, Mixed Fruits, Craisin Lunch: Corn Dog Fruit Juice Bake Beans House Salad Baby Carrots Gr K/1 – Artic (wht)	22 Breakfast: Pancake w/ Syrup, Fresh Fruit in Season, Apple Juice Lunch: Tuna Dip & Chips Curly Fries, Lettuce Leaf Tomato Slice Orange Wedge Gr 3/PS/2 – Artic (wht)	23 Breakfast: Portuguese Sausage, Steamed Rice, Peach Slice, Orange Juice Lunch: Beef Broccoli & Steamed Rice, House salad w/ Baby Carrots Canned Fruits WG Roll	24 Breakfast: Fresh bake Applesauce Muffin, Pineapple Chunks, Orange Juice Lunch: Fish Wedge Steamed Rice Fruit Slushy, Bake Beans Rainbow Salad Gr 4/5 – Artic (wht)	25 Breakfast: Egglette w/ WG Toast, Fresh Papaya Chunks & Pineapple Mix, Grape Juice Lunch: Roast Pork w/ Gravy Steamed Rice Vegetable Juice Tomato Salad, Pineapple Chunks Gr 6 – Artic (wht)
28 	29 Breakfast: Maple Pancake Wrap, Slice Peaches, Craisin Lunch: Breaded Chicken Pieces w/ Sauce Steamed Rice Canned Fruits, House Salad	30 Breakfast: Breakfast Chicken Patty, Steamed Rice, Mixed Fruits, Asst Juice Lunch: Sloppy Joe tater Tots, Veggie Sticks, Apple Wedge, Shortbread Cookie	31 Breakfast: Assorted Breakfast Meats, Steamed Rice, Mixed Fruits, Asst Juice Lunch: Chili Franks Steamed Rice, Mixed Vegetable, House Salad, Canned Fruits	