

Monday	Tuesday	Wednesday	Thursday	Friday
Granola/Cereal Bar Fruit Juice 1c Or WG Cereal 1% W-Milk/FF Choc/FF Strawberry	Egg w/Toast Fresh Fruit 1c Or WG Cereal 1% W-Milk/FF Choc/FF Strawberry	WG English Muffin Fresh Fruit 1c Or WG Cereal 1% W-Milk/FF Choc/FF Strawberry	WG Bagel Fresh Fruit 1c Or WG Cereal 1% W-Milk/FF Choc/FF Strawberry	WG Pancake w/Syrup Fruit Juice 1c Or WG Cereal 1% W-Milk/FF Choc/FF Strawberry
Monday	Tuesday	Wednesday	Thursday	Friday
Granola/Cereal Bar Fruit Juice 1c Or WG Cereal 1% W-Milk/FF Choc/FF Strawberry	Yogurt/WG Toast Fresh Fruit 1c Or WG Cereal 1% W-Milk/FF Choc/FF Strawberry	WG Muffin Fresh Fruit 1c Or WG Cereal 1% W-Milk/FF Choc/FF Strawberry	Egg Muffin Sandwich Fresh Fruit 1c Or WG Cereal 1% W-Milk/FF Choc/FF Strawberry	WG French Toast w/Syrup Fruit Juice 1c Or WG Cereal 1% W-Milk/FF Choc/FF Strawberry



WG = Whole Grain. LF = Low Fat. FF = Fat Free. A variety of cereal is available every morning. Condiments such as Peanut Butter, Jelly, Cream Cheese available everyday. Notice: We are featuring a product called a Dough-Ring. This product meets our guidelines regarding nutritional standards, it is 100% whole grain, low fat, low sugar content and is baked vs. deep fried. This is a specialized product and isn't found commonly in grocery stores. We do not consider regular, store or coffee shop donuts to be part of a complete breakfast.



Monday	Tuesday	Wednesday	Thursday	Friday
Deli Sub on WG Bun Grape Tomato 1/2c Celery Sticks 1/2c Fresh Apple or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Turkey Nachos w/WG Chips Pinto Beans 1/2c Green Salad 1/2c Mandarin Oranges 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Chicken Salad on WG Toast Broccoli Salad 1/2c Yellow Squash 1/2c Pineapple 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Grilled Cheese on WG Bread Tomato Soup 1/2c Home Fries 1/2c Sliced Pears 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Chicken Bowl Mashed Potatoes 1/2c Corn 1/2c Applesauce 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry
Deli Sandwich on WG Bread Baby Carrots 1/2c Broccoli 1/2c Fresh Orange or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Turkey Taco on WG Tortilla Black Bean Salsa 1/2c Cauliflower 1/2c Sliced Apples 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	WG Flatbread Pizza w/Cheese Veggie Pasta Salad 1/2c Red Pepper 1/2c Peaches 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	BBQ Pulled Chicken on WG Bun Potato Salad 1/2 Sugar Snap Peas 1/2 Mixed Berries 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Chicken Stir Fry w/Brown Rice Asian Veggie Blend 1/2c Zucchini 1/2c Fruit Cocktail 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry
Deli Wrap on WG Tortilla Grape Tomato 1/2c Celery Sticks 1/2c Fresh Banana or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Chicken Fajita on WG Tortilla Pinto Beans 1/2c Green Salad 1/2c Mandarin Oranges 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	WG Flatbread Pizza w/Cheese Broccoli Salad 1/2c Yellow Squash 1/2c Pineapple 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Hot Sandwich on WG Bread Tomato Soup 1/2c Home Fries 1/2c Sliced Pears 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Broccoli Chicken Rice Casserole Glazed Carrots 1/2c Corn 1/2c Applesauce 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry
Deli Sandwich on WG Bread Baby Carrots 1/2c Broccoli 1/2c Fresh Pear or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Turkey and Bean Burrito Black Bean Salsa 1/2c Cauliflower 1/2c Sliced Apples 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	WG Flatbread Pizza w/Cheese Veggie Pasta Salad 1/2c Red Pepper 1/2c Peaches 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Sloppy Joe on WG Bun Potato Salad 1/2 Sugar Snap Peas 1/2 Mixed Berries 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Chicken Pot Pie Veggie Blend 1/2c Zucchini 1/2c Fruit Cocktail 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry
Deli Pita Wrap on WG Pita Bread Grape Tomato 1/2c Celery Sticks 1/2c Fresh Grapes 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Turkey Taco Salad Pinto Beans 1/2c Green Salad 1/2c Mandarin Oranges 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	WG Flatbread Pizza w/Cheese Broccoli Salad 1/2c Yellow Squash 1/2c Pineapple 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Grilled Chicken Patty on WG Bun Tomato Soup 1/2c Home Fries 1/2c Sliced Pears 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry	Mostaccioli w/Meat Sauce Green Beans 1/2c Corn 1/2c Applesauce 1c or Chef Salads 1% W-Milk/FF Choc/FF Strawberry



Lunch

WG=Whole Grain LF=Low Fat Notice: For students initially requesting a Kosher diet, alternative meals without pork will be produced. Everyday, hand made peanut butter and jelly sandwiches are made as an alternative choice for students, on whole grain bread.



Menu is subject to change
based on product availability

Questions about menu or food allergies?
Contact Mr. William Farkas (810) 591-5130 or wfarkas@geneseeisd.org

This institution is an equal
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