

FALL 2021 SEMESTER FREE MEAL PROGRAM FOR THE WEEK OF 11/29/2021 – 12/3/2021

MONDAY 11/29/2021

BREAKFAST SERVED FROM 7:30-11:30 a.m.

OPTION #1 English Muffin Sandwich \$5.95

Bottled water \$1

OPTION #2 Grab-and-Go Breakfast

Pastry \$1.75

Yogurt \$1.25

Apple \$1.25 or Banana \$1

Bottled water \$1

LUNCH SERVED FROM 11:30 a.m.-2 p.m.

OPTION #1 Back-to-basics box lunch \$9.75 per person

Sandwich or Wrap

Whole fruit

Chips

Fresh-baked cookie

Soft drink or Bottled water

OPTION #2 Lasagna (Meat or Meatless) \$8.95 per person

Salad

Garlic Bread

Soft drink or Bottled water

TUESDAY 11/30/2021

BREAKFAST SERVED FROM 7:30-11:30 a.m.

OPTION #1 Breakfast Burrito (Meat or No meat) \$6.50

Bottled water \$1

OPTION #2 Grab-and-Go Breakfast

Pastry \$1.75

Yogurt \$1.25

Apple \$1.25 or Banana \$1

Bottled water \$1

LUNCH SERVED FROM 11:30 a.m.-2 p.m.

OPTION #1 Back-to-basics box lunch \$9.75 per person

Sandwich or Wrap

Whole fruit

Chips

Fresh-baked cookie

Soft drink or Bottled water

OPTION #2 Chicken Patty Sandwich \$8.75 per person

French Fries

Coleslaw

Soft drink or Bottled water

WEDNESDAY 12/1/2021

BREAKFAST SERVED FROM 7:30-11:30 a.m.

OPTION #1 Breakfast Croissant Sandwich (Meat or No meat) \$6.50

Bottled water \$1

OPTION #2 Grab-and-Go Breakfast

Pastry \$1.75

Yogurt \$1.25

Apple \$1.25 or Banana \$1

Bottled water \$1

LUNCH SERVED FROM 11:30 a.m.-2 p.m.

OPTION #1 Back-to-basics box lunch \$9.75 per person

Sandwich or Wrap

Whole fruit

Chips

Fresh-baked cookie

Soft drink or Bottled water

OPTION #2 Chicken Teriyaki \$8.95 per person

Eggroll

Fresh-baked Cookie

Soft drink or Bottled water

THURSDAY 12/2/2021

BREAKFAST SERVED FROM 7:30-11:30 a.m.

OPTION #1 Breakfast Bagel Sandwich \$6.75

Bottled water \$1

OPTION #2 Grab-and-Go Breakfast

Pastry \$1.75

Yogurt \$1.25

Apple \$1.25 or Banana \$1

Bottled water \$1

LUNCH SERVED FROM 11:30 a.m.-2 p.m.

OPTION #1 Back-to-basics box lunch \$9.75 per person

Sandwich or Wrap

Whole fruit

Chips

Fresh-baked cookie

Soft drink or Bottled water

OPTION #2 Chicken Burrito \$8.95 per person

Fresh chips & Salsa

Soft drink or Bottled water

FRIDAY 12/3/2021

BREAKFAST SERVED FROM 7:30-11:30 a.m.

OPTION #1 Breakfast Croissant Sandwich (Meat or No meat) \$6.50

Bottled water \$1

OPTION #2 Grab-and-Go Breakfast

Pastry \$1.75

Yogurt \$1.25

Apple \$1.25 or Banana \$1

Bottled water \$1

LUNCH SERVED FROM 11:30 a.m.-2 p.m.

OPTION #1 Back-to-basics box lunch \$9.75 per person

Sandwich or Wrap

Whole fruit

Chips

Fresh-baked cookie

Soft drink or Bottled water

OPTION #2 Chicken Strips & Fries \$8.50 per person

Macaroni Salad

Soft drink or Bottled water