

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

Bottled water

OPTION #2 Grab-and-Go Breakfast

Pastry

Yogurt

Apple or Banana

Bottled water

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

OPTION #1 Back-to-basics box lunch

Sandwich or Wrap

Whole fruit

Chips

Fresh-baked cookie

Soft drink or Bottled water

OPTION #2 Lasagna (Meat or Meatless)

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)

Bottled water

OPTION #2 Grab-and-Go Breakfast

Pastry

Yogurt

Apple or Banana

Bottled water

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

OPTION #1 Back-to-basics box lunch

Sandwich or Wrap

Whole fruit

Chips

Fresh-baked cookie

Soft drink or Bottled water

OPTION #2 Chicken Patty Sandwich

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)

Bottled water

OPTION #2 Grab-and-Go Breakfast

Pastry

Yogurt

Apple or Banana

Bottled water

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

OPTION #1 Back-to-basics box lunch

Sandwich or Wrap

Whole fruit

Chips

Fresh-baked cookie

Soft drink or Bottled water

OPTION #2 Chicken Teriyaki

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

Bottled water

OPTION #2 Grab-and-Go Breakfast

Pastry

Yogurt

Apple or Banana

Bottled water

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

OPTION #1 Back-to-basics box lunch

Sandwich or Wrap

Whole fruit

Chips

Fresh-baked cookie

Soft drink or Bottled water

OPTION #2 Chicken Burrito

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)

Bottled water

OPTION #2 Grab-and-Go Breakfast

Pastry

Yogurt

Apple or Banana

Bottled water

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

OPTION #1 Back-to-basics box lunch

Sandwich or Wrap

Whole fruit

Chips

Fresh-baked cookie

Soft drink or Bottled water

OPTION #2 Chicken Strips & Fries

Macaroni Salad

Soft drink or Bottled water