

Henking, Lyon and Westbrook 2018-19 Menu Cycle

Complete Meal Price \$2.70

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A	Breakfast for Lunch WG Cinnamon French Toast Sticks Sausage** 100% Juice Cup	Baked Tyson Homestyle Chicken Nuggets with Dipping Sauce Mashed Potato Fruit Cup WG Bread Option*	RF WG Individual French Bread Cheese Pizza Green Salad with Vegetables Fresh Fruit	RF Beef Taco Nachos Served with WG "Scoops" Tortilla Chips RF Shredded Cheddar Cheese Salsa Refried Beans	Eisenberg All-Beef All Natural Black Angus Hotdog on a WG Bun Fresh Fruits and Vegetables
B	Breakfast for Lunch WG Pancakes with Syrup Sausage** Hash Browned Potato	Baked Tyson Crispy Chicken Tenders with Dipping Sauce Hot Vegetable Fruit Cup WG Bread Option*	RF WG Galaxy Deep Dish Cheese Pizza Hot Vegetable Fresh Fruit	WG Pasta with RF Italian Meat Sauce ^(Beef) WG Garlic Bread Green Salad with Vegetables Fresh Fruit	RF All-Beef All Natural Hamburger or RF Cheeseburger on a WG Bun Fresh Fruits and Vegetables
C	Breakfast for Lunch WG Cinnamon French Toast Slice Sausage** 100% Juice Cup	Baked Tyson Crunchy Popcorn Chicken with Dipping Sauce Oven Potato Fruit Cup	RF WG Wild Mike's Ultimate Cheese Pizza Slice Green Salad with Vegetables Fresh Fruit	RF WG Toasted Cheese Sandwich Sweet Potato Tots Fresh Fruit	Special To Be Announced Fresh Fruits and Vegetables

To see which weeks "A," "B," or "C" foods are served, please see reverse.

Bread Option* is either a whole grain roll, breadstick or warm pretzel Sausage** chicken product

RF— Reduced Fat Item **WG**—Whole Grain Item

BAG LUNCHESES OFFERED DAILY

Delicious Freshly Made Assorted Sandwiches
 Made on Whole Grain Breads, Rolls and Wraps

Peanut Butter and Jelly Uncrustable Sandwich
Bagel, Cheese Stick and All Natural Yogurt Lunch

OFFERED WITH ALL LUNCH CHOICES

Unlimited Fresh Fruit and Vegetable Side Choices
1% and Skim rBST Free Milk Choices

HEALTHY FOODS and GOOD NUTRITION are always on our menu!

We serve freshly prepared foods and ...

- ❁ **RF** (reduced-fat), zero trans fat products and baked entrées
- ❁ reduced sugar and no high fructose products
- ❁ low-fat cheese pizzas with **WG** (whole grain) crusts
- ❁ **WG** (whole grain) pasta, breads, rolls and buns
- ❁ made with white meat Tyson chicken products
- ❁ a variety of fresh fruits and vegetables with all meals

We feature locally grown produce. Check your Cafeteria for details about the farm and farm family the featured fruits and vegetables came from.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.