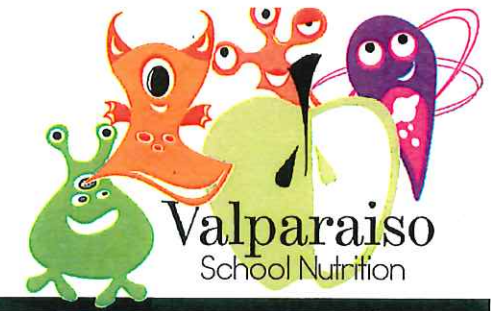


# 2024-25

## SELF Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	All Beef Hot Dog On a Whole Grain Bun Baked Beans Fresh Broccoli Florets Diced Pears Ketchup/Mustard <i>Very Berry Juice-HS</i>	<i>"Power Up" Walking Taco</i> Beef Taco Meat & Fritos Cheese/Lettuce/Tomato Salsa Cup/Sour Cream Fresh Baby Carrots Fresh Apple Slices <i>Very Berry Juice-HS Only</i> <i>Fritos-HS Only</i> Ranch	Cinnamon French Toast Smiley Potatoes String Cheese Dragon Punch Fresh Grapes <i>Very Berry Juice-HS Only</i> <i>Yogurt Cup-HS Only</i> Sugar Free Syrup Ketchup	Popcorn Chicken Mashed Potatoes Fresh Grape Tomatoes Pineapple Tidbits <i>Very Berry Juice-HS Only</i> <i>Dinner Roll-HS Only</i> Ketchup/Ranch/BBQ	Pull Apart Cheese Bread Marinara Dipping Sauce Steamed Sweet Corn Fresh Celery Sticks Fresh Strawberries <i>Very Berry Juice-HS Only</i> Ranch
WEEK 2	Spaghetti with a Marinara Meat Sauce Garlic Breadstick Fresh Cucumber Slices Fresh Baby Carrots Diced Peaches <i>Very Berry Juice-HS Only</i> <i>String Cheese-HS Only</i> Ranch	Beef Taco On a Soft Tortilla Refried Beans Steamed Corn Salsa Cup Sour Cream Fresh Apple Slices <i>Very Berry Juice-HS Only</i>	Buttermilk Pancakes Hashbrown Stars Colby Cheese Cubes Mango Wango Juice Fresh Grapes <i>Very Berry Juice-HS Only</i> <i>Yogurt Cup-HS Only</i> Sugar Free Syrup Ketchup	Chicken Nuggets-7 piece Steamed Broccoli Fresh Grape Tomatoes Frozen Sorbet Cup <i>Very Berry Juice-HS Only</i> <i>Dinner Roll-HS Only</i> Ketchup/Ranch/BBQ	Cheesiest Cheese Pizza Steamed Peas Fresh Celery Sticks Applesauce Cup <i>Very Berry Juice-HS Only</i> Ranch
WEEK 3	Boneless Chicken Wings Mini Cornbread Loaf Fresh Broccoli Florets Fresh Grape Tomatoes Applesauce Cup <i>Very Berry Juice-HS Only</i> Chick'N Dippin Sauce BBQ/Ranch	Macaroni & Cheese Crinkle Cut Carrots Fresh Cucumber Slices Fresh Strawberries <i>Dinner Roll-HS Only</i> <i>Very Berry Juice-HS Only</i> Ranch	French Toast Sticks Sausage Links Dragon Punch Fresh Celery Sticks Fresh Grapes <i>Very Berry Juice-HS</i> <i>Cereal Bar-HS Only</i> Ranch	Viking Burger Crinkle Cut Fries Baked Beans Fresh Apple Slices <i>Very Berry Juice-HS</i> Ketchup/Mustard/Mayo Ranch	Pizza Crunchers Marinara Dipping Sauce Steamed Sweet Corn Fresh Baby Carrots Blueberries w/ Topping <i>Very Berry Juice-HS</i> Ranch

All meals include choice of low fat or fat free milk.

### BREAKFAST

Monday:  
Confetti Pancakes

Tuesday:  
Cinnamon Crunch Muffin

Wednesday:  
Chocolate Chip French Toast

Thursday:  
Blueberry Pastry Bites

Friday:  
Cinnamon Bun

Add:  
FRUIT, APPLE JUICE, AND MILK.

*Power Up with Breakfast!*



Students in grades 9-12 will receive a Very Berry Juice each day with their lunch and/or an additional grain or protein requirement to meet menu standards.