

FRANKLIN COUNTY BREAKFAST IN CLASSROOM

Monday

Tuesday

Wednesday

Thursday

Friday

1
Lucky Charms
Graham Bears
Juice Orange
Diced Peaches

2
Pancake of Stick
Juice Fruit Punch
Diced Pears

3
Coco Puffs
Graham Bears
Juice Orange
Mixed Fruit

4
Bft Pizza w egg
Juice Orange Pineapple
Sliced Peaches

5
Egg Taco
Juice Orange
Pears

8
Lucky Charms
Graham Bears
Juice Orange
Diced Peaches

9
Pancake of Stick
Juice Fruit Punch
Diced Pears

10
Coco Puffs
Graham Bears
Juice Orange
Mixed Fruit

11
Bft Pizza w egg
Juice Orange Pineapple
Sliced Peaches

12
Egg Taco
Juice Orange
Pears

15
Lucky Charms
Graham Bears
Juice Orange
Diced Peaches

16
Pancake of Stick
Juice Fruit Punch
Diced Pears

17
Coco Puffs
Graham Bears
Juice Orange
Mixed Fruit

18
Bft Pizza w egg
Juice Orange Pineapple
Sliced Peaches

19
NO SCHOOL

22
NO SCHOOL

23
Pancake of Stick
Juice Fruit Punch
Diced Pears

24
Coco Puffs
Graham Bears
Juice Orange
Mixed Fruit

25
Bft Pizza w egg
Juice Orange Pineapple
Sliced Peaches

26
Egg Taco
Juice Orange
Pears

29
Lucky Charms
Graham Bears
Juice Orange
Diced Peaches

30
Pancake of Stick
Juice Fruit Punch
Diced Pears

FRANKLIN COUNTY SCHOOL DISTRICT
TERRY HILTON, DIRECTOR
850-670-2832

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<https://www.freshfromflorida.com/Divisions-Offices/Food-Nutrition-and-Wellness/USDA-Non-Discrimination-Statement>



FRANKLIN COUNTY SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday

1
Eggs Extravaganza
Grits
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Peaches

2
Egg Taco
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Pears

3
Wavy Waffles
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Strawberries

4
Chicken Sausage
WGR Biscuit
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Mixed Fruit

5
Pancake on a stick
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Blueberries

8
Maple Bursting Pancakes
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Peaches

9
Egg Taco
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Pears

10
French toast Sticks
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Strawberries

11
Chicken Sausage
WGR Biscuit
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Mixed Fruit

12
Pancake on a stick
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Blueberries

15
Eggs Extravaganza
Grits
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Peaches

16
Egg Taco
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Pears

17
Wavy Waffles
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Strawberries

18
Chicken Sausage
WGR Biscuit
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Mixed Fruit

19
NO SCHOOL

22
NO SCHOOL

23
Egg Taco
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Pears

24
French toast Sticks
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Strawberries

25
Chicken Sausage
WGR Biscuit
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Mixed Fruit

26
Pancake on a stick
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Blueberries

29
Eggs Extravaganza
Grits
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Peaches

30
Egg Taco
Cereal / Graham Bears
Pop tart
Banana Bread / Muffin
Cereal Bar / Parfait
Juice
Pears

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Monday

1
 Cheese or Pepperoni 4x6 Pizza
 Breaded Chicken Sandwich
 Broccoli
 Steamed Corn
 Sliced or Diced Peaches
 Mixed Fruit
 Chef Salads Elem. / Salad Bar for M & H
 Lite Meal- PBJ, cheese stick, fritos

8
 Bar-B-Que Pull Pork /WGR Bun
 Breaded Chicken Sandwich
 Sweet Peas
 Carrot Sticks
 Diced Peas
 Mixed Fruit
 Chef Salads Elem. / Salad Bar M & H
 Lite Meal- PBJ, Cheese stick, Fritos

15
 Cheese or Pepperoni 4x6 Pizza
 Breaded Chicken Sandwich
 Broccoli
 Steamed Corn
 Sliced or Diced Peaches
 Mixed Fruit
 Chef Salads Elem. / Salad Bar for M & H
 Lite Meal- PBJ, cheese stick, fritos

22
No School

29
 Cheese or Pepperoni 4x6 Pizza
 Breaded Chicken Sandwich
 Broccoli
 Steamed Corn
 Sliced or Diced Peaches
 Mixed Fruit
 Chef Salads Elem. / Salad Bar for M & H
 Lite Meal- PBJ, cheese stick, fritos

Tuesday

2
 Beefy Nacho Taco w WG chips
 Shredded Chicken Wrap w BBQ
 Shredded lettuce/ diced tomatoes
 Black Beans / Salsa / sour cream
 Sliced or Diced Peas
 Blueberries
 Chef Salads Elem. / Salad Bar M & H
 Lite Meal, turkey wrap, cheese, Fritos

9
 5" Personal Pizza
 Turkey Corn Dog
 Sweet Potato Wedges
 Steamed Broccoli
 Diced Peaches
 Blueberries
 Chef Salads Elem. / Salad Bar M & H
 Lite Meal- Turkey Wrap, cheese, Fritos

16
 Beefy Nacho Taco w WG chips
 Shredded Chicken Wrap w BBQ
 Shredded lettuce/ diced tomatoes
 Black Beans / Salsa / sour cream
 Sliced or Diced Peas
 Blueberries
 Chef Salads Elem. / Salad Bar M & H
 Lite Meal, turkey wrap, cheese, Fritos

23
 5" Personal Pizza
 Turkey Corn Dog
 Sweet Potato Wedges
 Steamed Broccoli
 Diced Peaches
 Blueberries
 Chef Salads Elem. / Salad Bar M & H
 Lite Meal- Turkey Wrap, cheese, Fritos

30
 Beefy Nacho Taco w WG chips
 Shredded Chicken Wrap w BBQ
 Shredded lettuce/ diced tomatoes
 Black Beans / Salsa / sour cream
 Sliced or Diced Peas
 Blueberries
 Chef Salads Elem. / Salad Bar M & H
 Lite Meal, turkey wrap, cheese, Fritos

Wednesday

3
 Brded Chicken Patty on WGR Bun
 Turkey Pot Roast in gravy
 Brown Rice
 Sweet Potato Wedges
 Green Sweet Peas
 Strawberries / Fresh Fruit
 Chef Salads Elem. / Salad Bar M & H
 Lite Meal- PBJ, Cheese stick, Fritos

10
 Breaded Baked Chicken w Roll
 Chicken Tenders (3)
 Fluffy Mashed Potatoes w gravy
 Steamed Corn
 Strawberries
 Fresh Fruit
 Chef Salads Elem. / Salad Bar M & H
 Lite Meal- PBJ, Cheese stick, Fritos

17
 Brded Chicken Patty on WGR Bun
 Turkey Pot Roast in gravy
 Brown Rice
 Sweet Potato Wedges
 Green Sweet Peas
 Strawberries / Fresh Fruit
 Chef Salads Elem. / Salad Bar M & H
 Lite Meal- PBJ, Cheese stick, Fritos

24
 Breaded Baked Chicken w Roll
 Chicken Tenders (3)
 Fluffy Mashed Potatoes w gravy
 Steamed Corn
 Strawberries
 Fresh Fruit
 Chef Salads Elem. / Salad Bar M & H
 Lite Meal- PBJ, Cheese stick, Fritos

Thursday

4
 Chicken Alfredo w Spiral Noodles
 Corn Dog
 Steamed Corn / Steamed Broccoli
 Mixed Fruit
 Fresh Fruit
 Milk 1% white & FF chocolate
 Chef Salads
 Lite Meals-Turkey wrap, cheese, Fritos

11
 Spaghetti with meat sauce
 Bar-B-Que Shredded Chicken
 WGR Roll / shredded cheese
 Baked Beans
 Green Beans
 Mixed Fruit / Fresh Fruit
 Chef Salads Elem. /Salad Bar M & H
 Lite Meal Turkey wrap cheese. Fritos

18
 Chicken Alfredo w Spiral Noodles
 Corn Dog
 Steamed Corn / Steamed Broccoli
 Mixed Fruit
 Fresh Fruit
 Milk 1% white & FF chocolate
 Chef Salads
 Lite Meals-Turkey wrap, cheese, Fritos

25
 Spaghetti with meat sauce
 Bar-B-Que Shredded Chicken
 WGR Roll / shredded cheese
 Mixed Vegetables
 Green Beans
 Mixed Fruit / Fresh Fruit
 Chef Salads Elem. /Salad Bar M & H
 Lite Meal Turkey wrap cheese. Fritos

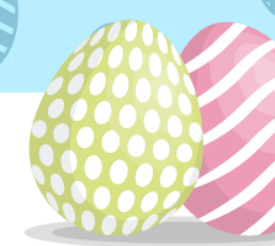
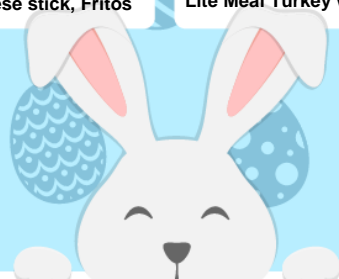
Friday

5
 Juicy Cheese Burger on WGR Bun
 Bar B Que Puled Pork w
 wgrBunLettuce / tomato
 Seasoned Fries
 Blueberries
 Fresh Fruit
 Milk 1% white & FF Chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese stick, Fritos

12
 Turkey Hot Dog on WGR Bun
 Turkey Pot Roast / Brown Rice
 Mixed Vegetables
 Seasoned Fries
 Blueberries
 Fresh Fruit
 Milk 1% white & FF Chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese stick, Fritos

19
No School

26
 Turkey Hot Dog on WGR Bun
 Turkey Pot Roast / Brown Rice
 Baked Beans
 Seasoned Fries
 Blueberries
 Fresh Fruit
 Milk 1% white & FF Chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese stick, Fritos



APRIL 2019

FRANKLIN COUNTY DISTRICT PRE-K

ALL MEALS SERVED WITH A
CHOICE OF 1% Unflavored MILK
OR
FF Unflavored MILK

Monday	Tuesday	Wednesday	Thursday	Friday
1 Scramble Eggs *Grits Peaches Milk	2 Chicken Sausage **WGR Biscuit Mixed Fruit Milk	3 *Cheerio's Cereal Strawberries Milk	4 **Egg Taco Pears Milk	5 ** Pancake on a stick Blueberries Milk
8 ** Maple Pancakes Peaches Milk	9 **Egg Taco Pears Milk	10 *Cheerio's Cereal Strawberries Milk	11 Chicken Sausage **WGR Biscuit Mixed Fruit Milk	12 ** Pancake on a stick Blueberries Milk
15 Scramble Eggs *Grits Peaches Milk	16 Chicken Sausage **WGR Biscuit Mixed Fruit Milk	17 *Cheerio's Cereal Strawberries Milk	18 **Egg Taco Pears Milk	19 NO SCHOOL
22 NO SCHOOL	23 **Egg Taco Pears Milk	24 *Cheerio's Cereal Strawberries Milk	25 Chicken Sausage **WGR Biscuit Mixed Fruit Milk	26 ** Pancake on a stick Blueberries Milk
29 Scramble Eggs *Grits Peaches Milk	30 Chicken Sausage **WGR Biscuit Mixed Fruit Milk	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> **Notes Whole Grain Rich * Notes Whole Grain </div>		

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APRIL 2019

Franklin County District Pre-K

All Meals Served with a choice of
1% unflavored MILK OR
FF unflavored MILK

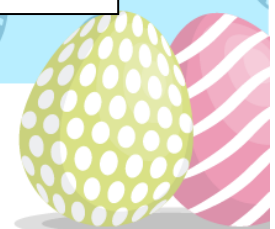
Monday	Tuesday	Wednesday	Thursday	Friday
1 WGR Cheese Pizza 4x6 Sweet Peas Steamed Corn Sliced Peaches	2 Beefy Nacho WG Tortilla Chips Black Beans Romaine Lettuce Diced Pears	3 Breaded Chicken Sandwich WGR Bun Steamed Broccoli Sweet Potato Wedges Strawberries	4 Chicken Alfredo WG Spiral Noodles Green Beans Carrots Fresh Apple	5 Beef Patty WGR HB Bun Romaine Lettuce Seasoned Fries Mixed Fruit
8 Turkey Pot Roast WGR Roll Carrot Sticks Mashed Potatoes Diced Pears	9 WGR Cheese Pizza 4x6 Fresh Broccoli Sweet Peas Peaches	10 WGR Chicken Tenders (3) WGR Roll/Steamed Corn Green Beans Strawberries	11 Corn Dog WGR Steamed Carrots Seasoned Fries Fresh Banana	12 Breaded WGR Chicken Drumstick Green Beans Brown Rice w gravy Baked Beans Mixed Fruit
15 WGR Cheese Pizza 4x6 Sweet Peas Steamed Corn Sliced Peaches	16 Beefy Nacho WG Tortilla Chips Black Beans Romaine Lettuce Diced Pears	17 Breaded Chicken Sandwich WGR Bun Steamed Broccoli Sweet Potato Wedges Strawberries	18 Chicken Alfredo WG Spiral Noodles Green Beans Carrots Fresh Apple	19 No School
22 No School	23 WGR Cheese Pizza 4x6 Fresh Broccoli Sweet Peas Peaches	24 WGR Chicken Tenders (3) WGR Roll/Steamed Corn Green Beans Strawberries	25 Corn Dog WGR Steamed Carrots Seasoned Fries Fresh Banana	26 Breaded WGR Chicken Drumstick Green Beans Brown Rice w gravy Baked Beans Mixed Fruit
29 WGR Cheese Pizza 4x6 Sweet Peas Steamed Corn Sliced Peaches	30 Beefy Nacho WG Tortilla Chips Black Beans Romaine Lettuce Diced Pears			

Whole Grain Rich –WGR
Whole Grain - WG

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APRIL 2019

FRANKLIN COUNTY ALTERNATIVE

ALL MEALS SERVED WITH A CHOICE OF MILK

Monday

1
 Scramble Eggs/ Grits
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Peaches

8
 Maple Bursting Pancakes
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Peaches

15
 Scramble Eggs / Grits
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Peaches

NO SCHOOL

29
 Scramble Eggs / Grits
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Peaches

Tuesday

2
 Chicken Sausage / WGR Biscuit
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Pears

9
 Egg Taco
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Pears

16
 Chicken Sausage / WGR Biscuit
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Pears

23
 Egg Taco
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Pears

30
 Chicken Sausage / WGR Biscuit
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Pears

Wednesday

3
 Wavy Waffles
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Strawberries

10
 French toast Sticks
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Strawberries

17
 Wavy Waffles
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Strawberries

24
 French toast Sticks
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Strawberries

Thursday

4
 Egg Taco
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Mixed Fruit

11
 Chicken Sausage
 WGR Biscuit
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Mixed Fruit

18
 Egg Taco
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Mixed Fruit

25
 Chicken Sausage
 WGR Biscuit
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Mixed Fruit

Friday

5
 Pancake on a stick
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Blueberries

12
 Pancake on a stick
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Blueberries

NO SCHOOL

26
 Pancake on a stick
 Cereal / Graham Bears
 Pop tart
 Banana Bread / Muffin
 Cereal Bar / Parfait
 Juice
 Blueberries

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Monday

5" Personal Pizza **1**
 Sweet Potato Wedges
 Steamed Corn
 Sliced or Diced Peaches
 Mixed Fruit
 Milk- 1% white & FF Chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese Stick, Fritos

Turkey Pot Roast w gravy **8**
 WGR Roll / Mashed Potatoes
 Carrot Sticks / Diced Peas
 Mixed Fruit
 Milk- 1% white & FF Chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese stick, Fritos

5" Personal Pizza **15**
 Sweet Potato Wedges
 Steamed Corn
 Sliced or Diced Peaches
 Mixed Fruit
 Milk- 1% white & FF Chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese Stick, Fritos

No School

5" Personal Pizza **29**
 Sweet Potato Wedges
 Steamed Corn
 Sliced or Diced Peaches
 Mixed Fruit
 Milk- 1% white & FF Chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese Stick, Fritos

Tuesday

Beefy Nacho Taco w WG chips **2**
 Shredded lettuce/ diced tomatoes
 Black Beans / Salsa
 Sliced or Diced Peas
 Blueberries
 Milk- 1% white & FF Chocolate
 Chef Salads
 Lite Meal, turkey wrap, cheese, Fritos

5" Personal Pizza **9**
 Steamed Broccoli
 Sweet Peas
 Diced Peaches
 Mix Fruit
 Milk 1% white & FF Chocolate
 Chef Salads
 Lite Meal- Turkey Wrap, cheese, Fritos

Beefy Nacho Taco w WG chips **16**
 Shredded lettuce/ diced tomatoes
 Black Beans / Salsa
 Sliced or Diced Peas
 Blueberries
 Milk- 1% white & FF Chocolate
 Chef Salads
 Lite Meal, turkey wrap, cheese, Fritos

5" Personal Pizza **23**
 Steamed Broccoli
 Sweet Peas
 Diced Peaches
 Mix Fruit
 Milk 1% white & FF Chocolate
 Chef Salads
 Lite Meal- Turkey Wrap, cheese, Fritos

Beefy Nacho Taco w WG chips **30**
 Shredded lettuce/ diced tomatoes
 Black Beans / Salsa
 Sliced or Diced Peas
 Blueberries
 Milk- 1% white & FF Chocolate
 Chef Salads
 Lite Meal, turkey wrap, cheese, Fritos

Wednesday

Brded Chicken Patty on WGR Bun **3**
 Steamed Broccoli
 Sweet Potato Wedges
 Strawberries
 Fresh Fruit
 Milk 1% white & FF chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese stick, Fritos

Chicken Tenders (3 pc) w Roll **10**
 Green Beans
 Steamed Corn
 Strawberries
 Mixed Fruit
 Milk 1% white & FF Chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese stick, Fritos

Brded Chicken Patty on WGR Bun **17**
 Steamed Broccoli
 Sweet Potato Wedges
 Strawberries
 Fresh Fruit
 Milk 1% white & FF chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese stick, Fritos

Chicken Tenders (3 pc) w Roll **24**
 Green Beans
 Steamed Corn
 Strawberries
 Mixed Fruit
 Milk 1% white & FF Chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese stick, Fritos

Thursday

Chicken Alfredo **4**
 Spiral noodles
 Sweet Peas
 Mixed Fruit
 Fresh Fruit
 Milk 1% white & FF chocolate
 Chef Salads
 Lite Meals-Turkey wrap, cheese, Fritos

Beef Patty w WGR Bun **11**
 Steamed Carrots
 Seasoned Fries
 Peaches/ Fresh Fruit
 Milk 1% white & FF Chocolate
 Chef Salads/ Lite Meal Turkey wrap
 cheese. Fritos

Chicken Alfredo **18**
 Spiral noodles
 Sweet Peas
 Mixed Fruit
 Fresh Fruit
 Milk 1% white & FF chocolate
 Chef Salads
 Lite Meals-Turkey wrap, cheese, Fritos

Beef Patty w WGR Bun **25**
 Steamed Carrots
 Seasoned Fries
 Peaches/ Fresh Fruit
 Milk 1% white & FF Chocolate
 Chef Salads/ Lite Meal Turkey wrap
 cheese. Fritos

Friday

Juicy Cheese Burger on WGR Bun **5**
 Lettuce / tomato
 Seasoned Fries
 Blueberries
 Fresh Fruit
 Milk 1% white & FF Chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese stick, Fritos

Breaded Baked Chicken **12**
 Brown Rice w gravy
 Green Beans
 Baked Beans
 Blueberries /Fresh Fruit
 Milk 1% white & FF Chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese stick, Fritos

No School

Breaded Baked Chicken **26**
 Brown Rice w gravy
 Green Beans
 Baked Beans
 Blueberries /Fresh Fruit
 Milk 1% white & FF Chocolate
 Chef Salads
 Lite Meal- PBJ, Cheese stick, Fritos

