

Henking, Lyon and Westbrook 2017-18 Menu Cycle

Complete Meal Price \$2.60

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A	Breakfast for Lunch Cinnamon French Toast Sticks Pork Sausage 100% Juice Cup	RF WG Individual French Bread Cheese Pizza Green Salad with Vegetables Fresh Fruit	Baked Tyson Chicken Nuggets with Dipping Sauce Mashed Potato Fruit Cup WG Bread Option*	RF Beef Taco Nachos Served with WG "Scoops" Tortilla Chips RF Shredded Cheddar Cheese Salsa Refried Beans	Eisenberg All-Beef All Natural Hotdog on a WG Bun FRESH FRIDAYS**
B	Breakfast for Lunch Pancakes with Syrup Pork Sausage Hash Browned Potato	RF WG Individual Round Pan Cheese Pizza Hot Vegetable Fresh Fruit	Baked Tyson Chicken Product with Dipping Sauce Oven Potato WG Bread Option* Fruit Cup	WG Pasta with RF Italian Meat Sauce Garlic Bread Green Salad with Vegetables Fresh Fruit	RF All Beef Hamburger or RF Cheeseburger on a WG Bun FRESH FRIDAYS**
C	Breakfast for Lunch Cinnamon French Toast Slice Pork Sausage 100% Juice Cup	RF WG Wild Mike's Ultimate Pizza Slice Green Salad with Vegetables Fresh Fruit	Baked Tyson Chicken Product with Dipping Sauce Oven Potato WG Bread Option* Fruit Cup	RF Macaroni and Cheese with Mini Corn Dogs Hot Vegetable Fresh Fruit	Special To Be Announced FRESH FRIDAYS**

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

RF— Reduced Fat Item WG—Whole Grain Item

BAG LUNCHES OFFERED DAILY

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

Peanut Butter and Jelly Uncrustable Sandwich
Bagel and All Natural Yogurt Lunch

OFFERED WITH ALL LUNCH CHOICES

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

RF— Reduced Fat Item WG—Whole Grain Item

**HEALTHY FOODS and
GOOD NUTRITION**
are always on our menu!

We serve...

- ❁ **RF** (reduced-fat) baked entrées
- ❁ zero trans fat products
- ❁ low-fat cheese pizzas with **WG** (whole grain) crusts
- ❁ **WG** (whole grain) pasta, breads, rolls and buns
- ❁ whole white meat chicken products
- ❁ a variety of fresh fruits and vegetables with all meals

****FRESH FRIDAYS**
Featuring locally grown produce. Check your Cafeteria for details about the farm the featured fruit and vegetables came from.