

Breakfast - Student \$1.25, Adult \$1.75, Reduced \$0.30
Lunch - Middle School \$2.35, Adult \$3.00, Reduced \$0.40

Sandwich Central

Cold Sandwiches
Made Fresh
Your Way

Available Daily

Whole Wheat or White Bread, Ham, Turkey, Tuna, Chicken Salad, Assorted Cheeses, Iceberg, Romaine Lettuce, Tomato, Onion, Peppers, Cucumbers, Black Olives, and Jalapeño Peppers

Sandwiches served with your choice of Chips or Soup of the Day



Daily Salad Bar with condiments to include: Fresh Greens, Fruit, and Vegetables

A full student lunch includes choice of entrée two sides and milk 1%white,skim,skim choc



2	3	4	5	6
	Macaroni & Cheese with Wheat Roll Hot Vegetables Fresh Pear Broccoli Florets	Idaho Haystack Sour Cream & Salsa Hot Vegetables Fresh Orange Celery Sticks	Roasted Chicken with Mashed Potato Hot Vegetables Bananas Cauliflower Florets	Szechuan Chicken over Brown Rice Hot Vegetables Red Apple Carrot Sticks
	Omelet with Cheese	Cinnamon Roll	French Toast	Ham and Egg Bagel
9	10	11	12	13
Chicken Teriyaki with Brown Rice Hot Vegetables Dried Cherries Carrot Sticks	Vegetarian Lasagna with Wheat Roll Hot Vegetables Fresh Pear Broccoli Florets	Wet Burrito with Spanish Rice Hot Vegetables Fresh Orange Celery Sticks	Pepperoni Calzones Hot Vegetables Bananas Cauliflower Florets	Chicken Fajitas with Refried Beans Hot Vegetables Red Apple Carrot Sticks
Sausage & Egg Muffin	Breakfast Bar	Cinnamon Roll	Waffles with Syrup	Ham and Egg Bagel
16	17	18	19	20
	Baked Ziti with Wheat Roll Hot Vegetables Fresh Pear Broccoli Florets	Chicken Pot Pie with Biscuit Hot Vegetables Fresh Orange Celery Sticks	Spaghetti with Meat Sauce and Roll Hot Vegetables Bananas Cauliflower Florets	Sweet and Sour Chicken over Rice Hot Vegetables Red Apple Carrot Sticks
	Omelet with Cheese	Cinnamon Roll	French Toast	Ham and Egg Bagel
23	24	25	26	27
Chicken Fried Steak with Mashed Potato Hot Vegetables Dried Cherries Carrot Sticks	Chicken Alfredo with Wheat Roll Hot Vegetables Fresh Pear Broccoli Florets	Pork Roast with Vegetables and Roll Hot Vegetables Fresh Orange Celery Sticks	Turkey Carnitas with Spanish Rice Hot Vegetables Bananas Cauliflower Florets	NO School
Sausage & Egg Muffin	Breakfast Bar	Cinnamon Roll	Waffles with Syrup	
30	31			
Mandarin Orange Chicken over Rice Hot Vegetables Dried Cherries Carrot Sticks	Seasoned Baked Alaska Pollock Hot Vegetables Fresh Pear Broccoli Florets			
Sausage & Egg Muffin	Omelet with Cheese	<p>Bread Provided By</p>		

Food Focus of the Month: Brown Rice

Health benefits of Brown Rice over White Rice. Brown Rice has twice the Manganese and Phosphorus, two and a half times the Iron, three times the vitamin B3, four times the vitamin B1 and ten times the vitamin B6. Brown Rice also has a high Fiber and Selenium content

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Eat · Learn · Live

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e, Pepperoni and Vegetable
 Pizza served daily
 pizzas made w/ reduced fat cheese
 on whole grain crust. Includes Breadstick,
 salad bar and fat free or skim milk

Specials

- Sausage Pizza
- Aloha Pizza
- Canyon Resort Pizza
- Cheese steak Pizza
- Supreme Pizza

**THE FRESH
 BRILLE**

Burgers with or without cheese, Chicken
 Burritos available daily. Chicken Nuggets
 Monday, Wednesday and Friday.
 Daily potato choice and Salad bar.

Specials

- Bacon Cheese Burger
- BBQ Sizzling Chicken Salad
- Bacon, Lettuce and Tomato
- Meatball Sub
- BBQ Pork Sandwich



Good Fast- Packaged for Grab N' Go
 Salads served with
 100% whole wheat dinner roll

Specials

- California Steak Wrap
- Southwest Salad
- Chicken Caesar Wrap
- Caesar Salad
- Turkey Bacon Wrap

**For any question please call:
 Food Service Director
 Eileen Sorensen 208-578-5437**

Online at www.BlaineSchools.org

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program.