

# Rise and Shine Breakfast

## Daily Choices

Cinnamon French Toast Sticks or Maple Chip Waffles  
Fruity Yogurt Parfait  
Cereal

Banana Chocolate Chunk Bar

- ◆ Breakfast Bakery Item
- ◆ Breakfast Special of the Day

## Hot Meals

### Off the Grill

Hamburger | Cheeseburger | Bacon Cheese Burger | Friday Philly |  
Tuscan Grilled Cheese | BBQ Chicken Sandwich

### Wild & Spicy

Spicy Chicken Sandwich | Fish & Wedges\* | Chicken & Waffle Sandwich |  
Mexicali Taco Boat | Fish Sandwich\*

### Fresh Chicken Plate

1/4 Chicken Platter | Seasoned Drums

### Pizzeria

Pepperoni | Cheese | Veggie Special\* | BBQ Chicken

### Fresh Mex Specialty

Burrito | Nachos | Asada Tacos | Cuban Black Beans  
◆ Specialty Items

### Side Dishes

Spanish Rice | Cilantro Lime Rice | Refried Beans | Hummus

## Cold Meals

### Deli Sandwiches

Chicken Salad | Turkey or Turkey/Ham | Tri-Tip | Tuna\* | Egg Salad\* |  
Veggie Style\*

### Wraps To-Go

Spicy Chicken | Roasted Veggie\*

### Salads

Garden\* | Chicken Ranch | Potato Salad

\*Vegetarian

◆ Items and offer times may vary

# ME NU

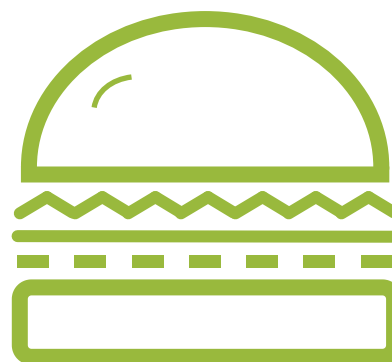
2022-2023

## Drinks

Non-Fat Chocolate Milk

Non-Fat White Milk

1% White Milk



### USDA Requirement:

A healthy complete meal consists of 5 items.

You can choose at least 3 including:

- 1/2 cup of fruit or vegetable

- At least 2 others (Milk, Meat, or Grain)

Menu options are subject to change.



Child Nutrition

