

Broadalbin-Perth School District February 2019 Cafe Menu

MILK VARIETY OFFERED DAILY: 1% Low Fat, Skim Chocolate, Strawberry

Daily Breakfast Entree

<p align="center">Monday</p> <p>French toast sticks (35g) Syrup- 51g *per ¼ cup Apple juice (15g) or Raisins (34g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">Tuesday</p> <p>Assorted Cold Cereal (14-24g) and WW Goldfish (15g) Fresh Fruit (15g) or Raisins (34g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">Wednesday</p> <p>Assorted Yogurt (10g) Graham Cracker (15g) Orange Juice (15g) or Raisins (34g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">Thursday</p> <p>Assorted Cold Cereal (14-24g) and WW Goldfish (15g) Fresh Fruit (15g) or Raisins (34g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">Friday</p> <p>Egg and cheese muffin(35g) Orange Juice (15g) or Raisins (34g) Milk (white-12g or chocolate- 24g) Juice (15g)</p>
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Daily Lunch Entree

Alternate Lunch Mon-Fri: Turkey and Cheese Sandwich (25g) or PB&J (45g)

				<p align="center">1</p> <p>Cheese Pizza (35g) Broccoli (15g) Fresh Fruit or Assorted fruit(15g) Milk (white-12g or chocolate- 24g)</p>
<p align="center">4</p> <p>Chicken Nuggets (13g) Rice (30g) Corn (5g) Fresh Fruit (15g) or Applesauce (22g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">5</p> <p>All Beef Hot Dog (27g) Fries (20g) Applesauce (22g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">6</p> <p>Turkey Sub Garbanzo Beans Peaches (15g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">7</p> <p>Chicken wrap w/ Lettuce/Tomato (20g) Fresh Fruit (15g) or Applesauce (22g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">8</p> <p>Cheese Pizza (35g) Broccoli (15g) Fresh Fruit or Mandarin Oranges (15g) Milk (white-12g or chocolate- 24g)</p>
<p align="center">11</p> <p>Chicken Patty or (Parm) on Bun (20g) Corn (15g) Fresh Fruit (15g) or Applesauce (22g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">12</p> <p>BBq Rib Sandwich(45g) Garbanzo beans (25g) Fresh Fruit or pears (15g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">13</p> <p>Cheeseburger Fries (20g) . Fresh Fruit (15g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">14</p> <p>Cheese Pizza (35g) Broccoli (15g) Fresh Fruit or Mandarin Oranges (15g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">15</p> <p align="center">NO SCHOOL</p>
<p align="center">18</p> <p align="center">NO SCHOOL</p>	<p align="center">19</p> <p align="center">NO SCHOOL</p>	<p align="center">20</p> <p align="center">NO SCHOOL</p>	<p align="center">21</p> <p align="center">NO SCHOOL</p>	<p align="center">22</p> <p align="center">NO SCHOOL</p>
<p align="center">25</p> <p>Chicken Patty or (Parm) on Bun (20g) Corn (15g) Fresh Fruit (15g) or Applesauce (22g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">26</p> <p>Fish Sticks Fries (20g) Peaches(15g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">27</p> <p>Pasta w/ Meat Sauce (45g) Green Beans (15g) Fresh Fruit or Pears (15g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">28</p> <p>Taco Thursday (20g) Refried Beans (15g) Fresh Fruit or Peaches (15g) Milk (white-12g or chocolate- 24g)</p>	<p align="center">1</p> <p>Cheese Pizza (35g) Broccoli (15g) Fresh Fruit (15g) Milk (white-12g or chocolate- 24g)</p>

Available Daily: Peanut Butter & Jelly. A full student lunch includes a choice of entree supplying protein and grain, 1 cup vegetable, 1 Cup of Fruit and milk choice. *****MENU SUBJECT TO CHANGE*****