

## Broadalbin-Perth School District June 2019 Cafe Menu

MILK VARIETY OFFERED DAILY: 1% LOW FAT, SKIM CHOCOLATE, STRAWBERRY

### Daily Breakfast Entree

<p style="text-align: center;"><b><u>Monday</u></b>  <b>French toast sticks</b>  <i>(35g)</i>  <i>Syrup- 51g *per ¼ cup</i>  <b>Apple juice (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b></p>	<p style="text-align: center;"><b><u>Tuesday</u></b>  <b>Assorted Cold Cereal (14-24g) and WW Goldfish (15g)</b>  <b>Fresh Fruit (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b></p>	<p style="text-align: center;"><b><u>Wednesday</u></b>  <b>Blueberry Muffin WW Goldfish (15g)</b>  <b>Fresh Fruit (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b></p>	<p style="text-align: center;"><b><u>Thursday</u></b>  <b>Assorted Cold Cereal (14-24g) and WW Goldfish (15g)</b>  <b>Fresh Fruit (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b></p>	<p style="text-align: center;"><b><u>Friday</u></b>  <b>Mini maple flavored pancakes (38g)</b>  <i>Syrup- 51g *per</i>  <b>Mix Fruit (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b>  <b>Juice (15g)</b></p>
---	--	---	---	--

### Daily Lunch Entree

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

<p>3  <b>Chicken Patty on Bun (20g)</b>          Vegetarian Bean (Fresh Fruit (15g) or Applesauce (22g)          Milk (white-12g or chocolate- 24g)</p>	<p>4  <b>All Beef Hot Dog (27g)</b>          Fries (20g)          Mixed Fruit (22g)          Milk (white-12g or chocolate- 24g)</p>	<p>5  <b>Nacho Supreme (20g)</b>          Vegetarian Beans (15g)          Peaches (15g)          Milk (white-12g or chocolate- 24g)</p>	<p>6  <b>Chicken Wrap (20g)</b>          Corn (15g)          Peaches (15g)          Milk (white-12g or chocolate- 24g)</p>	<p>7  <b>Cheese Pizza (35g)</b>          Romaine Salad (15g)          Fresh Fruit or assorted Fruits (15g)          Milk (white-12g or chocolate- 2</p>
<p>10  <b>Chicken Nuggets (13g)</b>          Rice (30g)          Garbanzo beans(5g)          Fresh Fruit (15g) or Applesauce (22g)          Milk (white-12g or chocolate- 24g)</p>	<p>11  <b>Pasta w/Meat sauce(45g)</b>          Corn (5g)          Fresh Fruit or Pears(15g)          Milk (white-12g or chocolate- 24g)</p>	<p>12  <b>Fish Sticks</b>          Corn (20g)          Peaches(15g)          Milk (white-12g or chocolate- 24g)</p>	<p>13  <b>Cheeseburger</b>          Fries (20g)  <i>w/ ketchup .</i>          Fresh Fruit          Milk (white-12g or chocolate- 24g)</p>	<p>14  <b>Cheese Pizza (35g)</b>          Romaine Salad (15g)          Fresh Fruit or Assorted Fruits (15g)          Milk (white-12g or chocolate- 24g)</p>
<p>17  <b>Chicken Patty or (Parm) on Bun (20g)</b>          Green Bean (15g)          Fresh Fruit (15g) or mixed fruit (22g)          Milk (white-12g or chocolate- 24g)</p>	<p>18  <b>Mozzarella Sticks (25)</b>          Corn (15g)          Peaches          Milk (white-12g or chocolate- 24g)</p>	<p>19  <b>All Beef Hot Dog (27g)</b>          Fries (20g)          Applesauce (22g)          Milk (white-12g or chocolate- 24g)</p>	<p>20  <b>Beef Taco (15g)</b>          Black Beans          Mixed fruit (22g)          Milk (white-12g or chocolate- 24g)</p>	<p>21  <b>Cheese Pizza (35g)</b>          Romaine Salad (15g)          Fresh Fruit or assorted Fruits (15g)          Milk (white-12g or chocolate- 24g)</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</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. Bagged Carrots available Tuesdays and Thursdays

\*\*\*MENU SUBJECT TO CHANGE\*\*\*