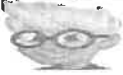


Going Crazy in the morning looking for Lunch \$\$\$

Stop, pay online at www.myschoolbucks.com



Start Your Day off Right!
Breakfast Available at:
High School
Middle Schools
Malcom White
Shamrock
Linscott-Rumpford
Altavesta
Goodyear

1
Freshly Baked Cheese or Pepperoni Pizza
Sweet Peas
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

4
WG Waffles w/Chicken Sausage Patty
Hash Brown Patty
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

5
Cheesy Breadsticks w/Marinara Sauce
Green Beans
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

6
WG Oven Baked Fish Sticks
Creamy Mash Potato
Steamed Broccoli
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

7
Oven Baked Chicken Tenders
Oven Baked Sweet Potato Fries
Garbanzo Beans
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit

8
Freshly Baked Cheese or Pepperoni Pizza
Sweet Peas
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

11
Grilled Chicken Caesar Salad
Bag of WG Goldfish
Cherry Tomatoes
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

12
Crispy Nachos w/Ground Turkey, Cheese & Salsa
Black Beans
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

13
Sweet & Sour Chicken Over WG Rice
Steamed Broccoli
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

14
Juicy Hamburger or Cheesburger WG Bun
Oven Baked Sweet Potato Fries
Garbanzo Beans
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit

15
Freshly Baked Cheese or Pepperoni Pizza
Sweet Peas
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

18
WG Warm Pretzel Roll W/Cheese Sauce
Steamed Broccoli
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

19
WG French Toast w/Chicken Sausage Patty
Hash Brown Patty
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

20
Cheese Ravioli W/Marinara Sauce
Steamed Corn
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

21
Pizza Sticks W/Marinara
Cherry Tomatoes
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

22
Freshly Baked Cheese or Pepperoni Pizza
Sweet Peas
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

25
***New Item**
Protein Pack
Strawberry Yogurt, Granola, Strawberries & Pretzels
Celery/Carrot Sticks
Assorted cupped Fruit
Ice Cold Milk

26
Cheesy Breadsticks w/Marinara Sauce
Green Beans
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

27
Crispy Nachos w/Ground Beef, Cheese & Salsa
Black Beans
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

28
Oven Baked BBQ Chicken
Creamy Mash Potato
Steamed Broccoli
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

29
Freshly Baked Cheese or Pepperoni Pizza
Sweet Peas
Celery/Carrot Sticks
Fresh Apples & Oranges
Assorted cupped Fruit
Ice Cold Milk

Daily Alternatives

- Chicken Nuggets
- Tony's Individual Pizza
- Sun Butter & Jelly Sandwich
- Bagel Sack
- Grilled Cheese
- Turkey Hot Dog
- Fish Sticks

Bagel w/cream cheese, yogurt, string cheese, fruit & Vegetable

HARVEST OF THE MONTH-Butternut Squash

We support local farms by purchasing locally as seasons permit.
Featured this month-Apples, Pears, Melon, Cherry Tomatoes, Cucumbers, Carrot Sticks and Zucchini
Paid Lunch - \$2.50 Reduced-\$4.00

All lunches served with milk, vegetable, fruit and bread