

**APW JSHS
Breakfast Menu
May-June 2023**

All items offered daily

Choose 1 Grain:

WG Mini Donuts
WG Muffins
WG Pop Tarts
Variety of Cereal Bars
Variety of Cold Cereal

Choose 1 or 2 it's up to you:

Apple/Orange Juice
Fresh Fruit-2 choices each day
(Students' must take at least ½ cup of fruit or juice)

Low-Fat White or Chocolate Milk

*APW school district participates in the Community Eligibility Provision for the 2022-2023 school year. All enrolled students in our school district, regardless of income level, are eligible to receive a healthy school breakfast and school lunch at **no charge** each day.*

APW JSHS Lunch Weekly Menu (May-June 2023)

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Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sub on Kaiser Roll Carrots & Celery sticks-Hummus Small chef salad Fresh Fruit White or Chocolate Milk <u>Daily Menu Choices:</u> 1. Chef Salad: Romaine blend/cucumbers/tomatoes/shredded cheddar cheese/WG roll 2. Nachos-Tostitos Chips/Shredded Cheddar Cheese/Salsa 3. PB&J	Pizza Lunchable Coleslaw Small chef salad Fresh Fruit White or Chocolate Milk <u>Daily Menu Choices:</u> 1. Chef Salad: Romaine blend/cucumbers/tomatoes/shredded cheddar cheese/WG roll 2. Nachos-Tostitos Chips/Shredded Cheddar Cheese/Salsa 3. PB&J	Bologna Sandwich Sliced Cucumbers & Grape tomatoes Small chef salad Fresh Fruit White or Chocolate Milk <u>Daily Menu Choices:</u> 1. Chef Salad: Romaine blend/cucumbers/tomatoes/shredded cheddar cheese/WG roll 2. Nachos-Tostitos Chips/Shredded Cheddar Cheese/Salsa 3. PB&J	Ham Sub on Kaiser Roll Potato salad Small chef salad Fresh Fruit White or Chocolate Milk <u>Daily Menu Choices:</u> 1. Chef Salad: Romaine blend/cucumbers/tomatoes/shredded cheddar cheese/WG roll 2. Nachos-Tostitos Chips/Shredded Cheddar Cheese/Salsa 3. PB&J	Yogurt/Granola Bar Rainbow Carrots Chilled Broccoli Small chef salad Fresh Fruit White or Chocolate Milk <u>Daily Menu Choices:</u> 1. Chef Salad: Romaine blend/cucumbers/tomatoes/shredded cheddar cheese/WG roll 2. Nachos-Tostitos Chips/Shredded Cheddar Cheese/Salsa 3. PB&J

Students' must take at least 1/2 cup of fruit or vegetable daily with lunch

