



OLQH/ SVDP Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast Bagel Strip Diced Pears Lunch Meat sauce Rotini Noodles Roasted Broccoli Diced Pears	2 Breakfast Grape Crescent Roll Applesauce Lunch Cheese Quesadilla Refried Beans Tropical Fruit Salad	3 Breakfast Biscuit with Cheese Diced Peaches Lunch Orange Chicken Asian Slaw Mandarin Oranges	4 Breakfast Blueberry Loaf Mixed Fruit Lunch Fish sticks Buttered Noodles Roasted Carrots Pineapple Tidbits
7 	8 Breakfast Pancakes Sausage Applesauce Lunch Assorted Pizza Baby Carrots Diced Peaches	9 Breakfast Apple Frudel 100% Juice Lunch Pork Nachos Black Beans Pineapple Tidbits	10 Breakfast Ham & Cheese Combo Diced Pears Lunch H M Teriyaki Chicken Brown Rice Stir Fry Veggies Banana	11 Breakfast Egg Patty Toast Mixed Fruit Lunch Mozzarella Stix Romaine Lettuce Diced Pears
14 Breakfast Mini Waffles Mixed Fruit Lunch Egg & Bacon Croissant Sweet Potato Fries Diced Peaches	15 Breakfast NutriGrain Bars Applesauce Lunch Chicken Nuggets Dinner Roll Roasted Broccoli 100% Fruit Juice	16 Breakfast Mini Bagel Strips 100% Juice Lunch Cheese Quesadilla Refried Beans Mandarin Oranges	17 Breakfast Biscuit Sausage & Egg 100% Juice Lunch Pesto Chicken Rotini Noodles Mixed Veggies Pineapple Tidbits	18 Breakfast Cinnamon Toast Soft Bar Mixed Fruit Lunch French Toast Hash brown Applesauce
21 Breakfast Banana Bread Mixed Fruit Lunch Cheeseburger Cole Slaw Applesauce	22 Breakfast Assorted Muffins Diced Pears Lunch Chicken Parmesan Rotini Noodles Steam Broccoli Diced Pears	23 Breakfast Ham & Cheese Combo Applesauce Lunch Beef Chili Macaroni Sweet Corn Diced Peaches	24 Breakfast Cereal Bar Tropical Fruit Salad Lunch Mediterranean Chicken Salad / Pita Baked Chickpeas Grapes	25 Breakfast Bagel Strip Diced Peaches Lunch Grilled Cheese Tomato Soup Baby Carrots Mixed Fruit
28 Breakfast Apple Frudel Diced pears Lunch Hot Ham & Cheese Tater Tots Pineapple Tidbits	29 Breakfast Mini Cinnis Apple Slices Lunch Assorted Pizza Veggie Tray 100% Fruit juice	30 Breakfast Biscuit with Cheese Applesauce Lunch Chicken Fajita Soft Tortilla Shells Spiced Sliced Apples		



OLQH/ SVDP Lunch Prices

Students	\$3.25
Adults	\$4.65
Extra Milk	\$0.60
Juice	\$0.65
Free and Reduced	\$0.40

Breakfast Prices

Students	\$2.35
Adults	\$3.95
Extra Milk	\$0.60
Free and Reduced	\$0.30

Whole Grain Constitutes 80% of
All Weekly Grains Being Served

All Meals Served Ito 4K Include
1% White Milk

K-5 Receives a Choice of 1% White or
Chocolate Skim Milk
H M= Home Made

Alternate Protein is a Yogurt or
String Cheese

Unless Otherwise Stated

*This institution is an equal
opportunity provider*

All Menus Are Subject To Change

