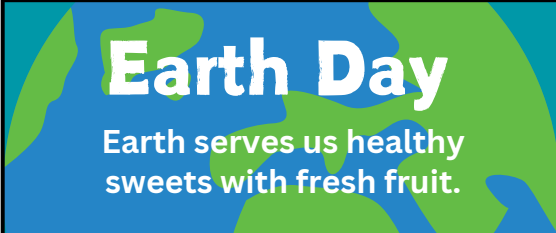



Fresh Eats

CAFETERIA

Senior Director of Food & Nutrition
Sharon Kidd | Email: skidd@cdschool.org

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2>Earth Day</h2> <p>Earth serves us healthy sweets with fresh fruit.</p>		1 Zee Zee Bar Applesauce 100% Fruit Juice Day C	2 No School <i>Spring Break</i>	3 No School <i>Spring Break</i>
6 No School <i>Spring Break</i>	7 French Toast Minis Craisins 100% Fruit Juice Day D	8 Benefit Bar Applesauce 100% Fruit Juice Day E	9 Strawberry Cream Cheese Mini Bagels Apple Slices 100% Fruit Juice Day F	10 Cereal Bar Banana 100% Fruit Juice Day A
13 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day B	14 Chocolate Chip Muffin Craisins 100% Fruit Juice Day C	15 Mini Pancakes Applesauce 100% Fruit Juice Day D	16 Blueberry Muffin Apple Slices 100% Fruit Juice Day E	17 Cereal Bar Banana 100% Fruit Juice Day F
20 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day A	21 Apple Fudel Craisins 100% Fruit Juice Day B	22 Mini Waffles Applesauce 100% Fruit Juice  Day C	23 Donut Flower Apple Slices 100% Fruit Juice Day D	24 Cereal Bar Banana 100% Fruit Juice Day E
27 Cereal Bowl Breakfast Crackers Applesauce 100% Fruit Juice Day F	28 Cinnamon Cream Cheese Mini Bagels Craisins 100% Fruit Juice Day A	29 Zee Zee Bar Applesauce 100% Fruit Juice Day B	30 Benefit Bar Apple Slices 100% Fruit Juice Day C	

WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
 Choice of 2 whole grains, 1 whole grain and 1 meat/meat alternate, or 2 meat/meat alternates.
 Choice of 2 fruits and Choice of low-fat milk.
 * $\frac{1}{2}$ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT OPTIONS

May choose 2 - $\frac{1}{2}$ cup servings
 Crisp Apple, Banana, Fresh Orange, Fresh Apple Slices, Applesauce, Raisins, Craisins, Sliced Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin Oranges, Diced Pears, 100% Juice

Fresh Eats

CAFETERIA

Senior Director of Food & Nutrition

Sharon Kidd | Email: skidd@cdschools.org

Monday	Tuesday	Wednesday	Thursday	Friday
Earth Day		1 Early Dismissal Turkey & Cheese Sandwich Baby Carrots Veggie Juice Applesauce Cup	2 No School <i>Spring Break</i>	3 No School <i>Spring Break</i>
6 No School <i>Spring Break</i>	7 Grilled Cheese Panini Tater Tots Fresh Vegetable 100% Fruit Juice Day D	8 Meatball Hoagie Steamed Green Beans Fresh Vegetable Apple Slices Day E	9 Walking Taco Steamed Corn Fresh Vegetable Mixed Fruit Day F	10 Cheese Pizza Baked Vegetarian Beans Fresh Vegetable Diced Pears Day A
13 Chicken Nuggets Bread Slice Fries Fresh Vegetable Diced Peaches Day B	14 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce Day C	15 Turkey Hot Dog BBQ Baked Beans Fresh Vegetable 100% Fruit Juice Day D	16 Hot Turkey Melt on Pretzel Roll Steamed Cauliflower Fresh Vegetable Banana Day E	17 Pancakes Chicken Sausage Patties Tater Tots Fresh Vegetable Mixed Fruit Day F
20 Beef & Cheese Tacos Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits Day A	21 Chicken Corn Dog Fries Fresh Vegetable Apple Slices Day B	22 Spaghetti & Meatballs Garlic toast Steamed Green Beans Fresh Vegetable Banana & Pudding "Dirt" Cup Day C	23 Walking Taco Steamed Carrots Fresh Vegetable Mixed Fruit Day D	24 Turkey & Cheese Hoagie Steamed Broccoli Fresh Vegetable Diced Pears Day E
27 Cheeseburger BBQ Baked Beans Fresh Vegetable Diced Peaches Day F	28 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable Applesauce Day A	29 Macaroni & Cheese Garlic Toast Steamed Carrots 100% Fruit Juice Day B	30 Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable Banana Day C	

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread, and Choice of Milk
*Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
Dark Leafy Greens | Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings
Crisp Apple | Sliced Peaches | Mixed Fruit
Fresh Orange | Banana | Pineapple Tidbits
Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
9th-12th may choose two 1/2 cup servings