



Compass School Lunch Menu

June 2017



Monday	Tuesday	Wednesday	Thursday	Friday
	Recipes or Meals With Beans or Legumes Are Identified with an Asterisk * The USDA is an Equal Opportunity Provider and Employer	All Meals Served with Choice of Fat Free Chocolate Milk or 1% White Milk And Fruit Selection	Breakfast for Lunch Mini Maple Pancakes Oven Baked Ham Steak Oven Baked Hash Brown Patty	Sicilian Cheese Pizza Fresh Cherry Tomatoes and Cucumbers with a Creamy Hummus Cup*
Alternate Meals: 2. Bagel Fun Lunch: Wheat Bagel, Sunbutter Cup, String Cheese and Baby Snack Carrots 3. Sunbutter and Jelly Sandwich on Wheat Bread				
Creamy Macaroni and Cheese Seasoned Broccoli Soft Baked Pretzel	Beef Nacho Plate Corn Tortilla Chips Seasoned Ground Beef Shredded Cheddar Cheese Shredded Lettuce Seasoned Pinto Beans*	Toasted Ham and Cheese Sandwich on Wheat Bread Fresh Creamy Potato Salad Giant Cinnamon Goldfish Crackers <i>(Available with All Meals)</i>	Breakfast for Lunch Cinnamon French Toast Sticks String Cheese Stick Oven Roasted Cinnamon Glazed Sweet Potatoes	Sicilian Cheese Pizza Fresh Cucumber and Apple Salad Tossed in a Honey and Apple Juice Dressing
Alternate Meals: 2. Sliced Turkey and American Cheese Sub 3. Sunbutter and Jelly on Wheat Bread				
Oven Baked Chicken Patty on a Whole Wheat Bun Tossed Salad with Spinach, Kale and Romaine Lettuce Low Fat Italian Dressing	Wheat Penne with Meat Sauce Seasoned Carrots Wheat Breadstick Scooby-Do Graham Crackers <i>(Available with All Meals)</i>	Soft Beef Taco Shredded Cheddar Cheese Shredded Lettuce Mexicali Rice Seasoned Pinto Beans*	Breakfast for Lunch Mini Maple Waffles Sausage Patty Oven Baked Tater Tots	Sicilian Cheese Pizza Crisp Caesar Salad Topped With Home Made Nut Free Croutons
Alternate Meals: 2. Sliced Ham and American Cheese on Wheat Roll 3. Sunbutter and Jelly on Wheat Bread				
Italian Meatball Sub with Sauce and Mozzarella Cheese Seasoned Mixed Veggies	Chicken Parmesan with Sauce And Mozzarella Cheese Elbow Macaroni Fresh Roasted Brussel Sprouts Whole Wheat Dinner Roll	BBQ Day Turkey Hot Dog Or Cheeseburger Baby Snack Carrots Baked Lays Potato Chips Watermelon Slice	Breakfast for Lunch Mini Maple Pancakes String Cheese Stick Oven Roasted Cinnamon Glazed Sweet Potatoes	Sicilian Cheese Pizza Fresh Celery Sticks with Lite Ranch Dressing Graduation Wrist Band Giveaway <i>(Available with All Meals)</i>
Alternate Meals: 2. Fresh Tuna Salad on a Wheat Wrap 3. Sunbutter and Jelly on Wheat Bread				

DAILY BREAKFAST MENU

Monday:

Whole Grain Blueberry Muffin or Low Sugar Cinnamon Toast Crunch Cereal

Tuesday:

Chocolate Chip/Oatmeal Breakfast Bar or Low Sugar Coco Puffs Cereal

Wednesday:

Nutrigrain Fruit Bar or Low Sugar Trix Cereal

Thursday:

Danimal's Strawberry Yogurt and Graham Crackers or Low Sugar Lucky Charms Cereal

Friday:

Whole Wheat Bagel with Cream Cheese or Whole Grain Cheerios Cereal

All breakfast served with choice of fruits or fruit juice and milk.

All breakfast cereals are made with whole grains and have 9 grams of sugar or less per serving.



Enjoy Your Summer!