


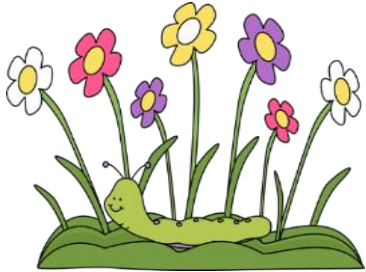




# Clear Lake Elementary School Breakfast Menu ~ April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast Cereal Or French Toast Sticks Sausage Links Fruit Juice Fruit Milk Choice	2 Breakfast Cereal Or Mini Cinni Smoothie Fruit Juice Fruit Milk Choice	3 Breakfast Cereal & Cheese Stick Or Ham & Cheese Bagel Sandwich Fruit Juice Fruit      Milk Choice	4 Breakfast Cereal Or Oatmeal      Fruit Blueberry Or Chocolate Muffin Fruit Juice Milk Choice	5 Breakfast Cereal Or Donut Holes Scrambled Eggs Fruit Juice Fruit Milk Choice
8 Breakfast Cereal Or Oatmeal Pop Tart Fruit Juice Fruit Milk Choice	9 Breakfast Cereal Or Mini Donuts Cheese Omelet Fruit Juice Fruit Milk Choice	10 Breakfast Cereal & Yogurt Or Sausage & Cheese Sandwich Fruit      Fruit Juice Milk Choice	11 Breakfast Cereal & Graham Crackers Or Pancakes With Syrup Fruit Juice Fruit Milk Choice	12 Breakfast Cereal Or Cinnamon Roll Scrambled Eggs Fruit Juice Fruit Milk Choice
15 Breakfast Cereal Or Sausage Pizza Graham Crackers Fruit Juice Fruit Milk Choice	16 Breakfast Cereal Or Little John Donut Yogurt or Yogurt Parfait Fruit Juice Fruit Milk Choice	17 Breakfast Cereal Or Oatmeal Chocolate Chip "UBR" Fruit Juice Fruit Milk Choice	18  <b>NO SCHOOL EASTER BREAK</b>	19  
22  <b>NO SCHOOL EASTER BREAK</b>	23 Breakfast Cereal Or Donut Holes Sausage Links Fruit Juice Fruit Milk Choice	24 Breakfast Cereal Or Oatmeal Cereal Bar Fruit Juice Fruit Milk Choice	25 Breakfast Cereal Or Cinnamon Roll Hard Cooked Egg Fruit Juice Fruit Milk Choice	26 Breakfast Cereal & Yogurt Or Peanut Butter & Jelly "Un crustable" Fruit Juice      Fruit Milk Choice
29 Breakfast Cereal Or French Toast Sticks Sausage Links Fruit Juice Fruit Milk Choice	30 Breakfast Cereal Or Mini Cinni Smoothie Fruit Juice Fruit Milk Choice		<b>Breakfast Served: 8:00 to 8:15 a.m. each school day</b> <u>Milk Choices served daily:</u> White Skim, White 1%, & Chocolate Skim <u>Juice Choices served daily: Apple, Grape, &amp; Orange</u> This institution is an equal opportunity provider. <i>Menu Subject to Change.</i>	



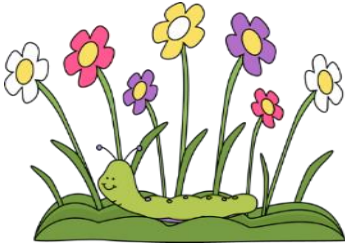
# Clear Lake Elementary School Lunch Menu ~ April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 PB & J “Uncrustable” Or Goldfish & Cheese Stick Vegetables With Dip Yogurt Cup            Crackers Chicken Noodle Soup Strawberries        Milk Choice	2 “Brunch Lunch” Cheese Omelet Sausage Links Dragon Punch Hash brown        Muffin Baked Apples        Milk	3 Pizza Casserole and Breadstick Or Peanut Butter Sandwich Garden Salad Bar Sliced Apples Milk Choice	4 Sloppy Joe Or Grilled Chicken on a Bun Tator Tots Baked Beans Mandarin Oranges Milk Choice	5 Mini Corn Dogs Or Chef Salad Macaroni & Cheese Steamed Broccoli Carrots With Dip Applesauce        Milk
8 Cheese Quesadilla Or Taco in a Bag Fixings        Refried Beans Mandarin Oranges Slushie Fruit Cup Milk Choice	9 Barbeque Riblet Or Chicken Patty on a Bun Potato Smiles Or Au Gratin Potatoes Green Beans Sliced Peaches        Milk	10 Pepperoni Pizza Or Cheese Ravioli and Breadstick Garden Salad Bar Sliced Apples    Cranberries Milk Choice	11 Chicken Nuggets Mashed Potatoes/Gravy Dinner Roll Steamed Corn Applesauce    Blueberries Milk Choice	12 Toasted Cheese Sandwich Or PB & J “Uncrustable” Tomato Soup        Crackers Vegetables With Dip Strawberries Frozen Yogurt        Milk
15 Warrior Burger Or Fish Sticks French Fries Baked Beans Applesauce Milk Choice	16 “Oodles of Noodles” With Meat Sauce Or Chicken Alfredo Breadstick Garden Salad Bar Sliced Peaches        Milk	17 Mini Corn Dogs Or Macaroni & Cheese Potato Wedges Steamed Broccoli Cheese Sauce Sliced Pears        Milk	18  <b>NO SCHOOL EASTER BREAK</b>	19  
22  <b>NO SCHOOL EASTER BREAK</b>	23 Chicken Fajita Wrap Or Yogurt, Cheese Stick, & Muffin Carrots With Dip Black Beans        Rice Pineapple    Orange Smiles Milk Choice	24 <a href="#">Service Learning/Earth Day</a> Ham & Cheese Sub Fresh Vegetables Chips                Strawberries Blueberries Milk Choice	25 Turkey & Gravy With Biscuit Or PB & J “Uncrustable” Mashed Potatoes Steamed Corn    Cranberries Applesauce        Milk Choice	26 Stromboli Or Calzone Or “Goldfish Bowl” Spaghetti Sauce Vegetables With Dip Grapes        Sliced Apples Pudding Cup        Milk
29 Chicken Nuggets Or Teriyaki Chicken Seasoned Rice Green Beans Vegetables With Dip Sliced Peaches        Milk	30 Hot Dog on a Bun Or Meatball Sandwich Tator Tots Baked Beans Cranberries    Orange Smiles Milk Choice		<b>Build a Healthy Lunch! We provide “Offer vs. Serve”</b> Students get to pick (at least) 3 components! Including (at least) ½ cup <b>Fruit</b> , ½ cup <b>Vegetable</b> , Or ½ cup <b>Combo</b> . <u>Milk Choices served daily:</u> White Skim, White 1%, & Chocolate Skim This institution is an equal opportunity provider. Not all entrée options available for PK students. Menu subject to change	

# Clear Lake High School Breakfast Menu ~ April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <u>Entrée Options</u>            Cereal            Yogurt Muffin            French Toast Sticks            Cereal Bar            Sausage Links</p>	<p>2 <u>Entrée Options</u>            Cereal            Hard Cooked Egg            Muffin            Donut Holes Cheese Stick            Pop Tart Smoothie</p>	<p>3 <u>Entrée Options</u>            Cereal Yogurt            Muffin            Scooby Bone Crackers            Ham &amp; Cheese Sandwich*            “Gripz” Graham Crackers</p>	<p>4 <u>Entrée Options</u>            Cereal Cheese Omelet            Cereal Bar            Yogurt Muffin            PB &amp; J “Un crustable”            Oatmeal Bar</p>	<p>5 <u>Entrée Options</u>            Cereal Cheese Stick            “Gripz” Graham Crackers            Biscuits and Gravy*            Nutri Grain Bar            Muffin Sausage Links</p>
<p>8 <u>Entrée Options</u>            Cereal            Cheese Stick            Pop Tart            Pancake Sausage Stick            Cereal Bar Yogurt</p>	<p>9 <u>Entrée Options</u>            Cereal            Cheese Omelet            Cheese Stick            Zee Zee Bar Muffin            Little John Donut</p>	<p>10 <u>Entrée Options</u>            Cereal Yogurt            Muffin            Nutri Grain Bar            “Gripz” Graham Crackers            Sausage, Egg, &amp; Cheese            Sandwich*</p>	<p>11 <u>Entrée Options</u>            Cereal            Yogurt Parfait            Pop Tart            Mini Donuts Muffin            Sausage Links</p>	<p>12 <u>Entrée Options</u>            Cereal            Cheese Omelet            Oatmeal Bar            Cinnamon Roll            Cereal Bar Yogurt</p>
<p>15 <u>Entrée Options</u>            Cereal            Sausage Pizza            “Gripz” Graham Crackers            Yogurt            Pop Tart Cheese Stick</p>	<p>16 <u>Entrée Options</u>            Cereal            Cheese Omelet Muffin            French Toast Sticks            Oatmeal Bar            Nutri Grain Bar</p>	<p>17 <u>Entrée Options</u>            Cereal            Mini Cinni            Scooby Bone Crackers            Muffin            Oatmeal Yogurt</p>	<p>18  <b>NO SCHOOL EASTER BREAK</b></p>	<p>19  </p>
<p>22  <b>NO SCHOOL EASTER BREAK</b></p>	<p>23 <u>Entrée Options</u>            Cereal Zee Zee Bar            Muffin Yogurt            Canadian Bacon, Egg, and            Cheese Sandwich*            “Gripz” Graham Crackers</p>	<p>24 <u>Entrée Options</u>            Cereal Yogurt            Scrambled Eggs            Muffin            Little John Donut            Scooby Bone Crackers</p>	<p>25 <u>Entrée Options</u>            Cereal            Cheese Omelet            Muffin Pancakes            Nutri Grain Bar            Yogurt Parfait</p>	<p>26 <u>Entrée Options</u>            Cereal Oatmeal Bar            Sausage Links            Nutri Grain Bar            Chocolate Chip “UBR”            Cereal Bar Cheese Stick</p>
<p>29 <u>Entrée Options</u>            Cereal            Yogurt Muffin            French Toast Sticks            Cereal Bar            Sausage Links</p>	<p>30 <u>Entrée Options</u>            Cereal            Hard Cooked Egg            Muffin            Donut Holes Cheese Stick            Pop Tart Smoothie</p>		<p><b><u>Build a Healthy Breakfast!</u></b>            May select 1 fruit juice, 1 milk, and a ½ cup serving of fruit.            May select 2 Entrée Options (* items count as 2).            Entrée Options in <b>blue</b> may be doubled to count as your 2 items.            Milk Options: White 1%, White Skim, &amp; Chocolate Skim            Juice Options: <b>Apple, Grape, &amp; Orange</b>            Menu Subject to Change</p>	

# Clear Lake High School Lunch Menu ~ April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Garlic Cheese French Bread Or Peanut Butter Sandwich Chicken Noodle Soup Vegetables With Dip Marinara Sauce Applesauce Crackers Peaches Milk	2 Chicken Philly Sub Or Turkey & Cheese Sub Or Or Barbeque Chicken Sub Fresh & Roasted Vegetables Oriental Slaw Craisins Mandarin Oranges Chips Milk Choice	3 Pizza Casserole Or Crispy Chicken Salad Breadstick Apples Steamed Corn Milk Vegetables With Dip Pears Frozen Yogurt	4 Sloppy Joe Or Grilled Chicken on a Bun Curly Fries Baked Beans Pineapple Blueberries Juice Milk Choice	5 Mini Corn Dogs Or Fish Sticks Or Chef Salad Macaroni & Cheese Steamed Broccoli Milk Carrots With Dip Grapes Strawberries
8 Deluxe Nachos Or Quesadilla Refried Beans Fixings Pineapple Tidbits "Jonny Pop" Fruit Bar Juice Milk Choice	9 Barbeque Riblet Or Chicken Patty on a Bun Baby Red Potatoes Green Beans Slice Peaches Grapes Milk Choice	10 Pepperoni Pizza Or Cheese Ravioli & Breadstick Steamed Corn Garden Salad Bar Apples Sliced Pears Milk Choice	11 Chicken Nuggets Mashed Potatoes/Gravy Dinner Roll Sweet Potato Soufflé Applesauce Mixed Fruit Milk Choice	12 Toasted Cheese Sandwich Or PB & J "Uncrustable" Or Oriental Chicken Salad Tomato Soup Crackers Vegetables/Dip Strawberries Mandarin Oranges Milk
15 Warrior Burger Or Pulled Pork Sandwich French Fries Baked Beans Mandarin Oranges Sliced Pears Milk Choice	16 Penne Pasta With Meat Sauce Or Chicken Alfredo Breadstick Caesar Salad Steamed Broccoli Slushie Fruit Cup Sliced Apples Milk	17 "Brunch Lunch" Cheese Omelet Donut Sausage Links Juice Hash browns Salsa Orange Wedges Milk (Grilled Chicken Salad Option)	18  <p style="text-align: center;"><b>NO SCHOOL EASTER BREAK</b></p>	19  
22  <p style="text-align: center;"><b>NO SCHOOL EASTER BREAK</b></p>	23 Chicken Fajita, Chicken Strips, Chicken Caesar Salad Or PB & J "Uncrustable" Vegetables/Dip Rice Black Beans Milk Strawberries Pineapple	24 <b>Service Learning Day</b>  <p style="text-align: center;">MENU TBA</p>	25 Turkey & Gravy/Biscuit Or Peanut Butter Sandwich Mashed Potatoes Steamed Carrots Sliced Pears Craisins Milk Choice	26 Stromboli Or Bosco Sticks Or Garlic Cheese French Bread Caesar Salad Sliced Peaches Apples Pudding Cup Milk
29 Chicken Nuggets Or Chicken Teriyaki Wrap Seasoned Rice Green Beans Vegetables With Dip Sliced Peaches Juice Milk Choice	30 Hot Dog Or Meatballs on a Bun Tator Tots Baked Beans Applesauce Blueberries Fruit Salad Milk Choice		<p style="text-align: center;"><b><u>Build a Healthy Lunch! We provide "Offer vs. Serve"</u></b></p> <p style="text-align: center;">Students get to pick (at least) 3 components!                      Including (at least) ½ cup <b>Fruit</b>, ½ cup <b>Vegetable</b>, Or ½ cup <b>Combo</b>.  <u>Milk Choices served daily:</u> White Skim, White 1%, &amp; Chocolate Skim</p> <p style="text-align: center;"><b>This institution is an equal opportunity provider.</b>  <i>Menu Subject to Change</i></p>	

