



### College Prep Middle School Breakfast Menu

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Menus are subject to change without notice.</p> <p>Offer VS Serve</p>			<p>1</p> <p>No School</p>
<p>4</p> <p><i>Holiday</i></p>	<p>5</p> <p>Breakfast Bar Peaches Juice / Milk</p>	<p>6</p> <p>Muffin Apple Juice / Milk</p>	<p>7</p> <p>Cinnamon Roll Banana Juice / Milk</p>	<p>8</p> <p>Crumb Cake Orange Juice / Milk</p>
<p>11</p> <p>Cinnamon Roll Apple Juice / Milk</p>	<p>12</p> <p>Breakfast Cookie Peaches Juice / Milk</p>	<p>13</p> <p>Bagel w/Cream Cheese Apple Juice / Milk</p>	<p>14</p> <p>Breakfast Bar Banana Juice / Milk</p>	<p>15</p> <p>Muffin Orange Juice / Milk</p>
<p>18</p> <p>Crumb Cake Apple Juice / Milk</p>	<p>19</p> <p>Muffin Peaches Juice / Milk</p>	<p>20</p> <p>Mini Cinnis Apple Juice / Milk</p>	<p>21</p> <p>Bagel w/Cream Cheese Banana Juice / Milk</p>	<p>22</p> <p>Breakfast Cookie Mixed Fruit Juice / Milk</p>
<p>25</p> <p>Breakfast Bar Apple Juice / Milk</p>	<p>26</p> <p>Breakfast Cookie Peaches Juice / Milk</p>	<p>27</p> <p>Crumb Cake Orange Juice / Milk</p>	<p>28</p> <p>Muffin Banana Juice / Milk</p>	<p>29</p> <p>Cinnamon Roll Mixed Fruit Juice / Milk</p>

**Warning:** Our School food facilities offer products with peanuts, tree nuts, soy, milk, eggs and wheat. For students with food allergies, we offer a variety of foods which are intended to be free of these ingredients. While we take steps to minimize the risk of cross contamination, we can not guarantee that any of our products are safe to consumers with peanut, tree nut, soy, milk, egg or wheat allergies. Consumers with severe allergies should consume food items with caution.

To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include 1/2 cup fruit and/or vegetable. Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5) meat/meat alternate. Condiments do not count as a component. The middle school lunch provides 600-700 calories based on a weekly average. The high school lunch provides 750-850 calories based on a weekly average. The breakfast provides 450-550 calories based on a weekly average.

"This institution is an equal opportunity provider."



### College Prep Middle School Lunch Menu

Monday

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	<p>Menus are subject to change without notice.</p> <p>Offer VS Serve</p>			<p>1</p> <p>No School</p>
<p>4</p> <p><i>Holiday</i></p>	<p>5</p> <p>Chicken Sandwich w/Tater Tots Sliced Orange Beans / Cucumber Slices w/Dip Juice / Milk</p>	<p>6</p> <p>Chix w/Sweet Chili Sauce &amp; Rice Banana Carroteenies / Salad Cup w/Dressing Juice / Milk</p>	<p>7</p> <p>Calzone Peaches Broccoli w/Dip / Corn Juice / Milk</p>	<p>8</p> <p>Chicken Fajita Bowl Apple Jicama Sticks w/Tajin / Carroteenies Juice / Milk</p>
<p>11</p> <p>Cali Burrito Apple Green Beans / Carroteenies w/Dip Juice / Milk</p>	<p>12</p> <p>Halal Chicken on Rice Sliced Orange Beans / Cucumber Slices w/Dip Juice / Milk</p>	<p>13</p> <p>Pizza (Pepp &amp; Cheese) Banana Salad Cup w/Dressing / Carroteenies Juice / Milk</p>	<p>14</p> <p>Orange Chicken w/Rice Peaches Broccoli w/Dip / Corn Juice / Milk</p>	<p>15</p> <p>Cheeseburger Orange Carroteenies w/Dip Juice / Milk</p>
<p>18</p> <p>Mini CornDogs w/Mac &amp; Cheese Mixed Fruit Green Beans / Carroteenies w/Dip Juice / Milk</p>	<p>19</p> <p>Calzone (Meatball &amp; Cheese) Sliced Orange Beans / Cucumber Slices w/Dip Juice / Milk</p>	<p>20</p> <p>Sombreros - Bean &amp; Cheese Burrito Banana Jicama Sticks w/Tajin / Carroteenies Juice / Milk</p>	<p>21</p> <p>Hot Pocket Peaches Broccoli w/Dip / Corn Juice / Milk</p>	<p>22</p> <p>Spaghetti w/Meatsauce &amp; Dinner Roll Apple Jicama Sticks w/Tajin / Carroteenies Juice / Milk</p>
<p>25</p> <p>Hot Dog w/Tater Tots Mixed Fruit Green Beans / Carroteenies w/dip Juice / Milk</p>	<p>26</p> <p>Tamale w/Rice Sliced Orange Beans / Cucumber Slices w/Dip Juice / Milk</p>	<p>27</p> <p>Pizza (Pepp &amp; Cheese) Banana Carroteenies / Salad Cup w/Dressing Juice / Milk</p>	<p>28</p> <p>Korean BBQ Chicken w/Rice Peaches Broccoli w/Dip / Corn Juice / Milk</p>	<p>29</p> <p>Chicken Sandwich Apple Carroteenies w/Dip Juice / Milk</p>

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