**FOUNTAIN HS 9-12 SNP BREAKFAST AND LUNCH MENU – OCT 2024**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | **Oct 30** | **1** | **2** | **3** | **3** |
| BREAKFAST  MEAL | [WG Bagel Bites (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Herb-Bagel-Bites.pdf)  ½ c Oranges, ½ c Apple Juice | [WG Blueberry Muffin](https://usdanutrition.com/wp-content/uploads/2023/04/Blueberry-Muffin-1-oz-2-eg-72-svc-160.595-Bake-Crafters.pdf) (2 oz)  ½ c Peaches, ½ c Orange Juice | [WG Bagel w/Nutella (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Bagel-Bakecrafters-2.25-eg-1.pdf)  1/2 c Pears, ¼ c Craisins | [Berry French Toast (2.64 oz](http://sprnutritionbook.com/wp-content/uploads/2023/01/French-Toast-Berry-GM-2.64-oz.pdf))  1 Banana + ½ c Apple Juice | [WG Gran](http://sprnutritionbook.com/wp-content/uploads/2022/07/Granola-Crispy-Bites-Appleways-1-eg.pdf) w/[Cherry Yog (5 oz)](http://sprnutritionbook.com/wp-content/uploads/2022/09/Trix-Triple-Cherry-Yogurt-4-oz-1-mma.pdf)  ½ c Oranges, ½ c Strawberries |
| Lunch MMA | [BBQ Chicken Wings](https://usdanutrition.com/wp-content/uploads/2023/08/Baked-Chicken-Drumstick-or-Wings-Mississippi-USDA-Recipe.pdf) (2 oz)  ½ c Broccoli (Dark Grn)  ½ c Baked Beans (Otr)  ½ c Apples, 1 Banana  [WG Pretzel Roll (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/09/Pretzell-Roll-2.2-oz-2.25-eg-1.pdf) | [Beef Sambusa (2 ea)](https://usdanutrition.com/wp-content/uploads/2023/08/Chicken-Fajitas-Sambusa-Wrap-USDA-Recipe.pdf)  1.25 c Carrots  ½ c Pears, 1 Orange  [WG Tortilla (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Tortilla-2-oz-2-eg-Catallia.pdf) | [WG Chicken & Waffles (5.10 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Chicken-and-Waffles-Healthy-School-Recipes-2-mma-2-eg-combined.pdf)  ½ c Green Beans(Otr)  ½ c Corn (Starch)  *½ c Oranges, 1 Banana*  WG in Chicken + [Waffle](https://usdanutrition.com/wp-content/uploads/2023/02/Waffles-1-each-1-eq-Bake-Crafters.pdf) = 2 oz | Turkey & Cheese Sandwich  3/4 c Celery Sticks  ½ c Fruit Mix, 1 Apple  [WG Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Whole-Grain-Hambrger-Buns-2-eg-Bake-Crafters.pdf) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2023/02/Cheese-Pizza-USDA-Healthy-School-Recipes-2-mma-2-eg.pdf)  1.25 c Carrots w/Ranch (R/O)  ½ c Fruit Mix, 1 Apple  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pizza-Crust-USDA-Healthy-School-Recipes-Cornmeal-2-eg.pdf) |
| Veg |
| Fruit |
| Grain |
|  | **7** | **8** | **9** | **10** | **10** |
| BREAKFAST  MEAL | [WG Bagel w/Crm Chs (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Bagel-Bakecrafters-2.25-eg-1.pdf)  *½ c Sliced Apples* + 1 Banana | [WG Cin Toast Crun Bowl (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Cereal-Cinnamon-Toast-Crunch-Bowl-Pack-and-Soft-Filled-Bar-1-eg-72-svc.pdf)  1 Apple + ½ c Pineapples | [WG Apple Bites (2 oz)](http://sprnutritionbook.com/wp-content/uploads/2023/01/WG-Mini-Apple-Bites-2.75-oz-2-eg.pdf)  1 Banana + ½ c *Sliced Peaches* | [French Toast Bites (3 oz)](http://sprnutritionbook.com/wp-content/uploads/2022/10/French-Toast-Bites-3-oz-2-eg-Bake-Crafters-54-svc.pdf)  1 Orange + ½ c Pears | [WG Gran](http://sprnutritionbook.com/wp-content/uploads/2022/07/Granola-Crispy-Bites-Appleways-1-eg.pdf) w/[Straw Yog (5 oz)](http://sprnutritionbook.com/wp-content/uploads/2022/09/Trix-Straw-Banana-Yogurt-4-oz-1-mma.pdf)  1 Apple + ½ c Orange Juice |
| Lunch MMA | [Beef Shepherd’s Pie](https://usdanutrition.com/wp-content/uploads/2023/10/Beef-Shepherds-Pie-USDA-2-mma-.5-starch.pdf)  ½ c Mashed Potatoes (Starch)  ½ c Green Peas (Starch)  *½ c Peaches, 1 Banana*  [WG Roll (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/10/USDA-Roll-Recipe-2-eg.pdf) | [Chicken Nachos](https://usdanutrition.com/wp-content/uploads/2023/10/Nachos_With_Diced_Chicken_50-100_Draft3_F.pdf)  ¾ c Broccoli (Dark Green)  ½ c Green Beans (Other)  ½ c Apples, ½ c Oranges  [WG in Nacho’s (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/10/TositosRFCrispyRounds_30103_1.45oz_2023-1.pdf) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2023/02/Cheese-Pizza-USDA-Healthy-School-Recipes-2-mma-2-eg.pdf)  1.25 c Carrots w/Ranch (R/O)  ½ c Fruit Mix, 1 Apple  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pizza-Crust-USDA-Healthy-School-Recipes-Cornmeal-2-eg.pdf) | [Egg Salad Sandwich](https://usdanutrition.com/wp-content/uploads/2023/11/Egg-Salad-Sandwich-USDA-2-mma-2-eg.pdf)  1 c Red Beans (Leg)  *½ c Peaches, 1 Banana*  WG Brown Rice (8 oz= 2 eg) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2023/02/Cheese-Pizza-USDA-Healthy-School-Recipes-2-mma-2-eg.pdf)  1.25 c Carrots w/Ranch (R/O)  ½ c Fruit Mix, 1 Apple  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pizza-Crust-USDA-Healthy-School-Recipes-Cornmeal-2-eg.pdf) |
| Veg |
| Fruit |
| Grain |
|  | **14** | **15** | **16** | **17** | **17** |
| BREAKFAST MEAL | [WG Banana Muffin (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Banana-Muffin-2-oz-1-eg-72-svc-160-.5-100.pdf)  1 Orange + 1 Apple | [WG Cin Toast Crun Bowl (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Cereal-Cinnamon-Toast-Crunch-Bowl-Pack-and-Soft-Filled-Bar-1-eg-72-svc.pdf)  1 Apple + ½ c Pineapples | [WG Mini Cin Chs Bag (2.43 oz)](http://sprnutritionbook.com/wp-content/uploads/2023/01/Mini-Cin-Chs-Bag-Pillsbury-2.43-oz-2-eg.pdf)  1 Banana + ½ c *Sliced Peaches* | [WG Bagel w/Crm Chs (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Bagel-Bakecrafters-2.25-eg-1.pdf)  1 Banana + ½ Apple Juice | [WG Gran](http://sprnutritionbook.com/wp-content/uploads/2022/07/Granola-Crispy-Bites-Appleways-1-eg.pdf) [w/](http://sprnutritionbook.com/wp-content/uploads/2022/08/Twix-reduced-sugar-bowlpak-16000-31922-1-eq.pdf)[Cherry Yog (5 oz)](http://sprnutritionbook.com/wp-content/uploads/2022/09/Trix-Triple-Cherry-Yogurt-4-oz-1-mma.pdf)  1 Apple + ½ c Orange Juice |
| Lunch MMA | [Turkey, Dressing & Gravy](https://usdanutrition.com/wp-content/uploads/2023/10/Turkey-and-Dressing-Supreme-USDA-2-mma-1-eg.pdf)  ½ c Mashed Potato (Starch)  ½ c Broccoli (Green Leafy)  *½ c Apples, 1 Banana*  [WG Roll (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/10/USDA-Roll-Recipe-2-eg.pdf) | [BBQ Chicken Tenders (3 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Chicken-Tenders-USDA-Recipe-3.5-mma.pdf)  1.25 c Carrots w/Ranch (R/O)  ½ c Applesauce, ½ c Oranges  [WG Roll (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/10/USDA-Roll-Recipe-2-eg.pdf) | [WG Beef Lasagna (1 pc)](https://usdanutrition.com/wp-content/uploads/2023/10/Ground-Beef-Lasagna-USDA-2-mma-.75-eg.pdf)  3/4 c Green Beans (Otr)  ½ c Mixed Fruit, ½ c Pears  [WG Roll (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/10/USDA-Roll-Recipe-2-eg.pdf) | [Chicken Cheese Sandwich](https://usdanutrition.com/wp-content/uploads/2023/11/turkey-cheese-on-a-bun-usda-foods-wgr-2-mma-2-eg.pdf)  1 c Black Beans (Leg)  ½ c Mand Oranges, 1 Apple [WG Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Whole-Grain-Hambrger-Buns-2-eg-Bake-Crafters.pdf) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2023/02/Cheese-Pizza-USDA-Healthy-School-Recipes-2-mma-2-eg.pdf)  1.25 c Carrots w/Ranch (R/O)  ½ c Fruit Mix, 1 Apple  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pizza-Crust-USDA-Healthy-School-Recipes-Cornmeal-2-eg.pdf) |
| Veg |
| Fruit |
| Grain |
|  | **21** | **22** | **23** | **24** | **24** |
| BREAKFAST MEAL | [WG Bagel w/Crm Chs (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Bagel-Bakecrafters-2.25-eg-1.pdf)  *½ c Sliced Apples* + 1 Banana | [Berry French Toast (2.64 oz](http://sprnutritionbook.com/wp-content/uploads/2023/01/French-Toast-Berry-GM-2.64-oz.pdf))  1 Apple + ½ c Pineapples | [WG Apple Bites (2 oz)](http://sprnutritionbook.com/wp-content/uploads/2023/01/WG-Mini-Apple-Bites-2.75-oz-2-eg.pdf)  1 Banana + ½ c *Sliced Peaches* | [French Toast Bites (3 oz)](http://sprnutritionbook.com/wp-content/uploads/2022/10/French-Toast-Bites-3-oz-2-eg-Bake-Crafters-54-svc.pdf)  1 Orange + ½ c Pears | [WG Gran](http://sprnutritionbook.com/wp-content/uploads/2022/07/Granola-Crispy-Bites-Appleways-1-eg.pdf) w/[Straw Yog (5 oz)](http://sprnutritionbook.com/wp-content/uploads/2022/09/Trix-Straw-Banana-Yogurt-4-oz-1-mma.pdf)  1 Apple + ½ c Orange Juice |
| Lunch MMA | [Turkey Burger (4 oz)](https://usdanutrition.com/wp-content/uploads/2023/11/Turkey-Burger.pdf)  ½ c Green Beans (Other)  ½ c Baked Beans (Leg)  ½ c Apples, 1 Banana  [WG Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Whole-Grain-Hambrger-Buns-2-eg-Bake-Crafters.pdf) | [Baked Zitti (6 oz](https://usdanutrition.com/wp-content/uploads/2023/10/Italian-Ground-Beef-Pasta-Bake-2-mma-1-eg.pdf))  1 c Broccoli (Dark Grn)  *½ c Pears, ½ c Oranges*  WG in Noods + Roll = (2 oz eg) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2023/02/Cheese-Pizza-USDA-Healthy-School-Recipes-2-mma-2-eg.pdf)  1.25 c Carrots w/Ranch (R/O)  ½ c Fruit Mix, 1 Apple  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pizza-Crust-USDA-Healthy-School-Recipes-Cornmeal-2-eg.pdf) | [Beef & Chs Wraps](https://usdanutrition.com/wp-content/uploads/2023/11/turkey-and-cheese-wrap-usda-foods-Enriched-3-mma-2-eg.pdf)  3/4 c Corn Salad (Starch)  ½ c *Peaches,* 1 Apple  [WG Wrap (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Tortilla-2-oz-2-eg-Catallia.pdf-part-2.pdf) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2023/02/Cheese-Pizza-USDA-Healthy-School-Recipes-2-mma-2-eg.pdf)  1.25 c Carrots w/Ranch (R/O)  ½ c Fruit Mix, 1 Apple  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pizza-Crust-USDA-Healthy-School-Recipes-Cornmeal-2-eg.pdf) |
| Veg |
| Fruit |
| Grain |
|  | **28** | **29** | **30** | **31** |  |
| BREAKFAST MEAL | [WG Bagel Bites (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Herb-Bagel-Bites.pdf)  ½ c Oranges, ½ c Apple Juice | [WG Blueberry Muffin](https://usdanutrition.com/wp-content/uploads/2023/04/Blueberry-Muffin-1-oz-2-eg-72-svc-160.595-Bake-Crafters.pdf) (2 oz)  ½ c Peaches, ½ c Orange Juice | [WG Strawb Dream Bar (1 ea)](https://usdanutrition.com/wp-content/uploads/2023/08/Dream-Bars-1-mma-1-eg-.5-c-fruit-1.pdf)  ½ c Strawb (in bar) + ½ c OJuice | [WG Apple Muffin Sq (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/WG-Bread-Squares-for-Banana-Peaches-Apples-and-Blueberries-USDA-Recipe-2-eg-1-1.pdf)  1 Banana + ½ c Apple Juice | [WG French Toast Sticks (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Baked-French-Toast-Strips-USDA-Healthy-School-Recipes.pdf)  ½ c Pears, ½ c Grape Juice |
| Lunch MMA | [Chicken A La King (6 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Chicken-A-La-King-6-oz-2-mma.pdf)  3/4 c Mashed Potato (Starch)  ½ c Apples, 1 Banana  [WG Biscuit(2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Biscuit-Baker-Boy-2-eg.pdf) | [Chili Cheese Fries (2.5 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Mexicali-Taco-Boat-2.25-mma-w-sub.pdf)  ½ c Broccoli (Dark Grn)  ½ c Black Beans (leg)  ½ c Pears, ½ c Oranges  [WG Roll (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/10/USDA-Roll-Recipe-2-eg.pdf) | [Beef Porcupine Burger](https://usdanutrition.com/wp-content/uploads/2023/10/Beef-Porcupine-Sliders-2-mma-2-eg.pdf)  1 c Green Beans (Otr)  ½ c Fruit Cocktail, ½ c Pears  [WG Brn Rice 4 oz + Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Tortilla-2-oz-2-eg-Catallia.pdf) | [Curry Chicken Sandwich](https://usdanutrition.com/wp-content/uploads/2023/10/Chicken-Curry-Salad-3-oz-2-mma.pdf)  1.25 c Carrots w/Ranch (R/O)  ½ c Peaches, 1 Apple  [WG Croissant (2.5 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Croissant-Square-2.5-oz-2-eg-Baker-Boy-60-svc.pdf) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2023/02/Cheese-Pizza-USDA-Healthy-School-Recipes-2-mma-2-eg.pdf)  1.25 c Carrots w/Ranch (R/O)  ½ c Fruit Mix, 1 Apple  Grain in Crust ( 2 oz) |
| Veg |
| Fruit |
| Grain |

All fruit is at least a combined total of 1 c – All veg is 1 c except Red/Orange Day the serving is 1.25oz– No pork/pork by products, fish or nuts served. Breakfast and Lunch meals include skim, 1% milk or FF Flavored Milk.