



FOUNTAIN HS 9-12 SNP BREAKFAST AND LUNCH MENU – APR 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	
BREAKFAST MEAL		WG Blueberry Muffin (2 oz) ½ c Peaches, ½ c Orange Juice	WG Bagel w/Nutella (2 oz) 1/2 c Pears, ¼ c Craisins	Berry French Toast (2.64 oz) 1 Banana + ½ c Apple Juice	
Lunch MMA		Cheeseburger 1 c Fries ½ c Pears, 1 Orange WG Hamburger Bun	WG Cheese Pizza (1 Slice) 1.25 c Carrots w/Ranch (R/O) 1 Lg Apple Grain in Crust (2 oz)	Turkey Pinwheels (1 ea) 3/4 c Celery Sticks 1 Lg Orange WG Tortilla (2 oz)	
Veg					
Fruit					
Grain					
	7	8	9	10	
BREAKFAST MEAL	WG Bagel w/Crm Chs (2 oz) ½ c Sliced Apples + 1 Banana	WG Cin Toast Crun Bowl (1 oz) 1 Apple + ½ c Pineapples	WG Apple Bites (2 oz) 1 Banana + ½ c Sliced Peaches	French Toast Bites (3 oz) 1 Orange + ½ c Pears	
Lunch MMA	Chicken Fajita Wrap 1 c Corn (Starch) ½ c Applesauce, 1 Banana WG Tortilla (2 oz)	Loaded Baked Potato 1 c Broccoli (Otr) ½ c Black Beans 1 c Seasoned Peaches WG Roll (2 oz or 2 ea)	WG Cheese Pizza (1 Slice) 1.25 c Carrots w/Ranch (R/O) 1 Lg Apple Grain in Crust (2 oz)	Turkey & Cheese Wrap 1 c Green Beans 1 Lg Orange WG Tortilla (2 oz)	
Veg					
Fruit					
Grain					
	14	15	16	17	
BREAKFAST MEAL	WG Banana Muffin (2 oz) 1 Orange + 1 Apple	WG Cin Toast Crun Bowl (1 oz) 1 Apple + ½ c Pineapples	WG Mini Cin Chs Bag (2.43 oz) 1 Banana + ½ c Sliced Peaches	WG Bagel w/Crm Chs (2 oz) 1 Banana + ½ Apple Juice	
Lunch MMA	Chicken Mexacali Boat 1 c French Fries (Starch) ½ c Applesauce, 1 Banana WG Hoagie (2 oz)	Hot Dog (4 oz) 1 c Broccoli (Dark Green) ½ c Baked Beans 1 c Mixed Fruit WG Hot Dog Bun (2 oz)	WG Cheese Pizza (1 Slice) 1.25 c Carrots w/Ranch (R/O) 1 Lg Apple Grain in Crust (2 oz)	Chicken Salad Pita 1 c Cut Celery (Starch) 1 Lg Orange WG Pita (2 oz)	
Veg					
Fruit					
Grain					
	21	22	23	24	
BREAKFAST MEAL	WG Bagel w/Crm Chs (2 oz) ½ c Sliced Apples + 1 Banana	Berry French Toast (2.64 oz) 1 Apple + ½ c Pineapples	WG Apple Bites (2 oz) 1 Banana + ½ c Sliced Peaches	French Toast Bites (3 oz) 1 Orange + ½ c Pears	
Lunch MMA	Chicken Nachos (1 ea) 1 c Corn (Starch) ½ c Applesauce, 1 Banana Nachos (2 oz)	Chicken and Waffles 1 c Broccoli (Dark Grn) ½ c Baked Beans (Other) 1 c Seasoned Peaches WG in Chicken & Waffles (2 oz)	WG Cheese Pizza (1 Slice) 1.25 c Carrots w/Ranch (R/O) 1 Lg Apple Grain in Crust (2 oz)	Egg Salad Sandwich 1 c Italian Celery Slices (Otr) 1 Lg Orange WG Hamburger Bun	
Veg					
Fruit					
Grain					
	28	29	30		
BREAKFAST MEAL	WG Bagel w/Crm Chs (2 oz) ½ c Sliced Apples + 1 Banana	WG Cin Toast Crun Bowl (1 oz) 1 Apple + ½ c Pineapples	WG Apple Bites (2 oz) 1 Banana + ½ c Sliced Peaches		
Lunch MMA	Mexican Burrito (1 ea) 1 c Fries (Starch) ½ c Applesauce,, 1 Banana WG Tortilla (2 oz)	Sloppy Joes Sandwich (1 ea) 1 c Green Beans (Otr) ½ c Baked Beans (Other) 1 c Mixed Fruit WG Hamburger Bun	WG Cheese Pizza (1 Slice) 1.25 c Carrots w/Ranch (R/O) 1 Lg 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 1.25 oz – No pork/pork by products, fish or nuts served.
Breakfast and Lunch meals include skim, 1% milk or FF Flavored Milk.

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