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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  |  | **1** | **2** | **1** | **7** |
| 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 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 |
| Lunch MMA | [Cheeseburger](https://usdanutrition.com/wp-content/uploads/2023/02/cheeseburger-usda-foods.pdf) | [Cheeseburger](https://usdanutrition.com/wp-content/uploads/2023/02/cheeseburger-usda-foods.pdf)  1 c Fries  ½ c Pears, 1 Orange  [WG Hamburger Bun](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)  1 Lg Apple  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pizza-Crust-USDA-Healthy-School-Recipes-Cornmeal-2-eg.pdf) | [Turkey Pinwheels (1 ea)](https://usdanutrition.com/wp-content/uploads/2024/11/Turkey-Pinwheels-n-WG-Tortilla-2-mma-2-eg.pdf)  1 c Celery Sticks w/Ranch  1 Lg Orange  [WG Tortilla (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Tortilla-2-oz-2-eg-Catallia.pdf) |  |
| Veg |
| Fruit |
| Grain |
|  | **5** | **6** | **7** | **8** | **14** |
| 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 |  |
| Lunch MMA | [Chicken Fajita Wrap](https://usdanutrition.com/wp-content/uploads/2025/04/chicken-fajita-wrap-merchants.pdf)  1 c Corn (Starch)  ½ c Applesauce,1 Banana  [WG Tortilla (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Tortilla-2-oz-2-eg-Catallia.pdf) | [Loaded Baked Potato](https://usdanutrition.com/wp-content/uploads/2025/04/Baked-Potato-Bar-Healthy-School-Recipes-compressed.pdf)  1 c Broccoli (Dk Green)  ½ c Black Beans  *1 c Seasoned Peaches*  [WG Roll (2 oz or 2 ea)](https://usdanutrition.com/wp-content/uploads/2023/02/Bakecrafters-WG-Roll-1-eq-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)  1 Lg Apple  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pizza-Crust-USDA-Healthy-School-Recipes-Cornmeal-2-eg.pdf) | [Turkey & Cheese Wrap](https://usdanutrition.com/wp-content/uploads/2023/11/turkey-and-cheese-wrap-usda-foods-Enriched-3-mma-2-eg.pdf)  1 c Green Beans (Leg)  1 Lg Orange  [WG Tortilla (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Tortilla-2-oz-2-eg-Catallia.pdf) |  |
| Veg |
| Fruit |
| Grain |
|  | **12** | **13** | **14** | **15** | **21** |
| 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 |  |
| Lunch MMA | [Chicken Mexacali Boat](https://usdanutrition.com/wp-content/uploads/2025/01/Mexicali-Taco-Chicken-Boat-2.25-mma-w-sub-compressed_1.pdf)  1 c French Fries (Starch)  ½ c Applesauce, 1 Banana  [WG Hoagie (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Hoagie-2-oz-2-eg-Rotellas-54-ea.pdf) | [Slaw Hot Dog (4 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Jenny-O-Hot-Dog-4-oz-2-mma.pdf)  1 c Cole Slaw (Otr)  ½ c Baked Beans  1 c Mixed Fruit  [WG Hot Dog Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Hotdog-Bun-2eq.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)  1 Lg Apple  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pizza-Crust-USDA-Healthy-School-Recipes-Cornmeal-2-eg.pdf) | [Chicken Salad Pita](https://usdanutrition.com/wp-content/uploads/2024/07/Chicken-or-Turkey-Salad-USDA-2-mma-2-eg.pdf)  1 c Cut Broc w/ Ranch (Dk Grn)  1 Lg Orange  [WG Pita (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Bread_Pita-Bake-Crafters.pdf) |  |
| Veg |
| Fruit |
| Grain |
|  | **19** | **20** | **21** | **22** | **28** |
| 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 |  |
| Lunch MMA | [Chicken Nachos](https://usdanutrition.com/wp-content/uploads/2024/02/Nachos-Chicken-or-Beef-USDA-Recipe-Updated-combined.pdf) (1 ea)  1 c Corn (Starch)  ½ c Applesauce,1 Banana  [Nachos (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Tostitos-Tortilla-Chips-2-eg.pdf) | [Chicken and Waffles](https://usdanutrition.com/wp-content/uploads/2023/08/Chicken-and-Waffles-Healthy-School-Recipes-2-mma-2-eg-combined.pdf)  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)](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)  1 Lg 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 Celery Slices w/ Ranch (Otr)  1 Lg Orange  [WG Hamburger Bun](https://usdanutrition.com/wp-content/uploads/2023/08/Whole-Grain-Hambrger-Buns-2-eg-Bake-Crafters.pdf) |  |
| Veg |
| Fruit |
| Grain |
|  | **26** | **27** | **28** | **29** |  |
| 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* | [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 |  |
| Lunch MMA | [Mexican Burito (1 ea)](https://usdanutrition.com/wp-content/uploads/2025/04/mexican-burrito-crumbley.pdf)  1 c Fries (Starch)  ½ c Applesauce,, 1 Banana  [WG Tortilla (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Tortilla-2-oz-2-eg-Catallia.pdf) | [Sloppy Joes Sandwich](https://usdanutrition.com/wp-content/uploads/2023/02/Sloppy-Joe-USDA-Recipe-Healthy-School-Recipes-2-mma-1-eg.pdf) (1 ea)  1 c Green Beans (Otr)  ½ c Baked Beans (Other)  1 c Mixed Fruit  [WG Hamburger Bun](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)  1 Lg Apple  [Grain in Crust ( 2 oz-)](https://usdanutrition.com/wp-content/uploads/2023/02/Pizza-Crust-USDA-Healthy-School-Recipes-Cornmeal-2-eg.pdf) | [Chicken Pinwheels (1 ea)](https://usdanutrition.com/wp-content/uploads/2024/11/Turkey-Pinwheels-n-WG-Tortilla-2-mma-2-eg.pdf)  1 c Celery Sticks w/Ranch  1 Lg Orange  [WG Tortilla (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Tortilla-2-oz-2-eg-Catallia.pdf) | ⇨ [Nurse’s Corner](https://www.cdc.gov/diabetes/healthy-eating/carbohydrate-lists-starchy-foods.html)  Click Here  Cli |
| 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.