

Sample Menus

Sample Breakfast Menu (K-12)

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Wheat Breakfast Burrito*	Oatmeal*	Cheerios*	Breakfast Sandwich	Bagel
Salsa	Raisins	Orange Juice	Pears	Cream Cheese
Orange Halves	Whole Wheat Toast*	Blueberry Muffin Square	Milk	Strawberry & Bananas
Milk	Peaches	Milk		Yogurt
	Milk			Milk

*Denotes a whole grain food item.
Skim White and 1% chocolate milk served every day.

Sample Lunch Menu (K-6)

Monday	Tuesday	Wednesday	Thursday	Friday
Beef and Broccoli Brown Rice Bowl*	Whole Grain Spaghetti w/ Meat Sauce*	Chicken Fajitas w/Whole Grain Tortillas*	Whole Grain Pizza*	Whole Wheat Turkey Sandwich*
Peaches	Whole Wheat Roll*	Low-Fat Refried Beans	Romaine Salad Mix	Broccoli / Cauliflower
Carrots Sticks	Romaine Salad Mix	Spanish Rice*	Pineapple Chunks	Low Fat Ranch Dressing
Low-Fat Ranch Dressing	Pears	Grapes	Whole Grain Rocket Bar*	Bananas
Milk	Milk	Corn	Milk	Low-Fat Chocolate Pudding
		Milk		Milk

*Denotes a whole grain food item.
Skim White and 1% chocolate milk served every day.

Note: A detailed menu and nutrient analysis can be found at www.sde.idaho.gov/site/cnp/nutritionStandards/. Some condiments included in the nutrient analysis do not appear on the menu.