**Bigfork School District, Montana: 1 Week Menu Cycle: Cold Meal Lunch and Breakfast**

Roger Vanlandingham-Food Service Director April 2020

LUNCH BREAKFAST

**DAY 1**  
Fruit yogurt Ham Slices  
Whole grain Cookie Boiled Egg  
Fresh Broccoli with ranch Pancakes  
Cheese Stick Orange juice cup  
Fresh Apple Milk/Juice  
Milk/Juice  
  
**DAY 2**  
Hummus UBR bar  
Celery/cucumber/carrot/red pepper sticks Peach Cup

Pita bread Milk/Juice

Fresh orange   
Milk/juice  
  
**DAY 3**  
Chicken Fajita bowl Yogurt  
Chipotle Ranch/Salsa Strawberry Cup  
Tortilla chips Granola  
Pineapple cup Milk/Juice  
Milk/Juice  
  
**DAY 4**Ham and Cheese Whole Grain Hoagie Banana Bread w/honey  
Heirloom Cherry Tomatoes & Applesauce cup

Leaf Lettuce with Ranch Milk/juice  
Dried Fruit/Cranberry Juice   
Milk/juice  
  
**DAY 5**  
Homemade chicken salad in lettuce cup Muffin  
Whole Grain dinner roll Berry Cup  
Red pepper sticks Milk/Juice  
Fresh Grapes  
Milk/juice

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Roger Vanlandingham-FSD

LUNCH BREAKFAST

**DAY 6**  
Asian Sweet and Sour Pork Rice Bowl Ham Egg Cheese Biscuit  
Mandarin Orange Cup Fresh Strawberries  
Fortune Cookie Milk/Juice  
Milk/Juice  
  
**DAY 7**  
Chef Salad French Toast Bar  
Ham/Turkey/Boiled Egg/Cheddar Mozzarella Peach Cup  
Broccoli/Tomato/Cucumber/Red Pepper Milk/Juice  
Whole Grain Roll  
Ranch/Italian/French dressing   
Fresh Apple  
Milk/Juice  
  
**DAY 8**Turkey and Cheese Whole Grain Hoagie Cereal  
Heirloom Cherry Tomatoes & Banana w/Sunbutter and honey  
Leaf Lettuce with Ranch Milk/Juice  
Pear cup  
Milk/juice  
  
**DAY 9**Beef Taco Salad Bagel stuffed cream cheese  
Tortilla chips Mandarin Orange cup  
Chipotle Ranch/Salsa Milk/Juice  
Pineapple cup   
Milk/Juice   
  
**DAY 10**  
Fruit yogurt and whole grain muffin Banana Chocolate Chunk Bar   
Fresh Celery/cucumber/carrot/red peppers Strawberry cup

with ranch Milk/Juice  
String cheese and applesauce cup  
Milk/Juice