**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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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