***Ontario Local School Menu 9-12***

*News*

**BREAKFAST DISTRICT**

MON.-Apple Cinn Muffin

TUE.-WG Mini Pancakes

WED-Cream Cheese Bagel

THUR-WG Cinni Mini Roll

FRI-2 WG Pop Tarts

WG=WHOLE GRAIN

All Breakfast items are served with 1 cup of Fresh Fruits and 4oz of 100% Fruit Juice.

 **LUNCH & BREAKFAST**

ALL LUNCH AND BREAKFAST ITEMS ARE SERVED WITH MILK: 1% Chocolate, 1 % White or Fat Free White or Chocolate

Note: All High School Students (9-12) Are Served 1c. Fruit and 1c. Vegetables with Breakfast and Lunch

**NOTE: MENU IS SUBJECT TO CHANGE DUE TO FOOD AVAILABILITY**



**Pizza Rip-Its**

**Celery Sticks**

**Peaches**

**Zee Zee Bar**

**Choice of Milk**

**Mini Corndogs**

**Baked Fries**

**Carrots**

**Strawberries**

**Choice of Milk**

**Beef Taco Salad**

**Lettuce/cheese**

**Corn Chips**

**100% Juice**

**Fruit Snack**

**Choice of Milk**

**Grilled Cheese**

**Tomato Soup**

**Pickle Spear**

**Apple Slices**

**Choice of Milk**

**Chicken Nuggets**

**Broccoli w/cheese**

**Apple Cinnamon Loaf**

**Mixed Fruit Cup**

**Choice of Milk**

**Cheeseburger**

**Baked Fries**

**Green Beans**

**Pineapples**

**Choice of Milk**

**Pulled Pork**

**Nachos**

**Lettuce/cheese**

**Black Beans**

**Oranges**

**Choice of Milk**

**Turkey & Cheese**

**Sandwich**

**Sweet Potatoes**

**Pears**

**Choice of Milk**

**Fish Sticks**

 **Salad Mix**

**Apple Crisp**

**Ice Cream Cup**

**Choice of Milk**

**Spring Break**

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**Baked Potatoes**

**Diced Ham/Cheese**

**Broccoli**

**Oranges**

**Choice of Milk**

**Chicken Cheese Quesadilla**

**Cheese Cup**

**Green Beans**

**Sidekick**

**Choice of Milk**

**Corn Dog**

**Baked Beans**

**Potato Chips**

**Pears**

**Choice of Milk**

 **Popcorn Chicken Bowl**

**Mashed Potatoes**

**Corn**

**Roll w/Butter**

**Fruit Juice**

**Choice of Milk**

**Pepperoni Pizza**

**Celery Sticks**

**Applesauce**

**Cookie**

**Choice of Milk**

***THIS INSITITUTION IS AN EQUAL OPPORTUNITY PROVIDER***

**French Toast**

**Sausage Patty**

**Hash Brown**

**Orange Juice**

**Choice of Milk**

 **Beef Ravioli**

**Romaine Salad**

**Garlic Toast**

**Peaches**

**Choice of Milk**

 **Orange Chicken**

 **Peas/Carrots**

**Fried Rice**

**Pineapples**

**Choice of Milk**