



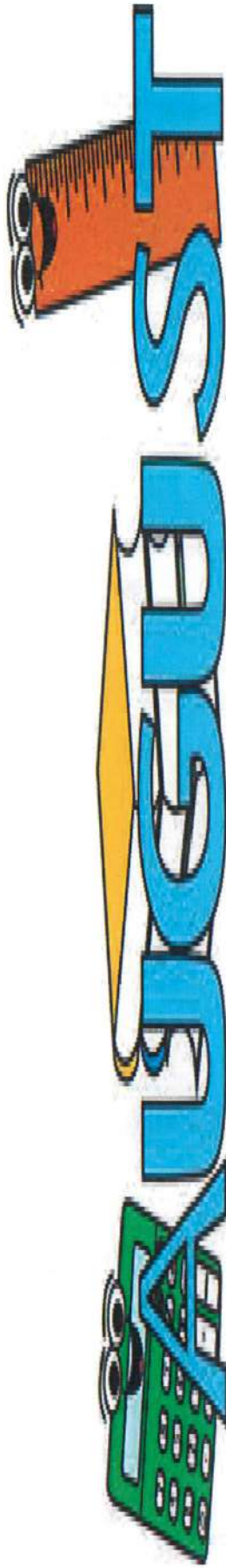
Monday	Tuesday	Wednesday	Thursday	Nutrients
<p>15</p> <p>Mini Bagel/Cream Cheese Craisins Sliced Fresh Apple Milk Skim Milk</p>	<p>16</p> <p>Breakfast Pizza Strawberry Cup Sliced Fresh Apple Milk Skim Milk</p> <p>17</p> <p>Cranberry Orange Scone Mandarin Oranges Sliced Fresh Apple Milk Skim Milk</p>	<p>18</p> <p>Breakfast Wrap Watermelon Applesauce Cup Sliced Fresh Apple Milk Skim Milk</p>	<p>19</p> <p>Apple Fruited Chilled Pears Sliced Fresh Apple Milk Skim Milk</p>	<p>582</p> <p>T.Fat 10.23 G S.Fat 4.3 G Chol 66.2 Mg Sodm 572.75 Mg Carb 99.46 G Fiber 7.9 G Prtn 23.79 G Iron 1.48 Mg</p>
<p>20</p> <p>Pancake on a Stick Sliced Fresh Apple Strawberry Cup Milk Skim Milk</p>	<p>21</p> <p>Blueberry Mini Waffles Sliced Fresh Apple Applesauce Cup Milk Skim Milk</p> <p>22</p> <p>Pancakes/Syrup Grilled Egg Patty Strawberries Sliced Fresh Apple Milk Skim Milk</p>	<p>23</p> <p>Breakfast Burrito Mandarin Oranges Sliced Fresh Apple Milk Skim Milk</p>	<p>24</p> <p>Apple Fruited Chilled Pears Sliced Fresh Apple Milk Skim Milk</p>	<p>559</p> <p>T.Fat 10.10 G S.Fat 3.0 G Chol 47.8 Mg Sodm 539.05 Mg Carb 97.78 G Fiber 6.8 G Prtn 21.77 G Iron 1.05 Mg</p>
<p>25</p> <p>Breakfast Pizza Strawberry Cup Sliced Fresh Apple Milk Skim Milk</p>	<p>26</p> <p>Gogurt Strawberry Waffle Graham Orange Craisins Sliced Fresh Apple Milk Skim Milk</p>	<p>27</p> <p>Breakfast Burrito Mandarin Oranges Sliced Fresh Apple Milk Skim Milk</p>	<p>28</p> <p>Apple Fruited Chilled Pears Sliced Fresh Apple Milk Skim Milk</p>	<p>563</p> <p>T.Fat 9.70 G S.Fat 3.4 G Chol 49.7 Mg Sodm 567.15 Mg Carb 94.78 G Fiber 6.3 G Prtn 24.31 G Iron 1.94 Mg</p>



Don't forget to turn in your Meal Application. A new form must be completed every year....

Breakfast Menu
2022-2023
Menu subject to change

This institution is an equal opportunity provider.



LUNCHES

Monday	Tuesday	Wednesday	Thursday	Nutrients
<p>15</p> <p>Chicken Drumsticks Whole Wheat Roll Assorted Fruit/Veggie Milk Skim Milk</p>	<p>16</p> <p>Hot Dog/Bun Catsup or Mustard Assorted Fruit/Veggie Milk Skim Milk</p> <p>Welcome Back to School!</p>	<p>17</p> <p>Mandarin Chicken Rice Assorted Fruit/Veggie Milk Skim Milk</p>	<p>18</p> <p>Burrito Salsa Assorted Fruit/Veggie Milk Chocolate Milk</p>	<p>Cal 1634 T.Fat 32.85 G S.Fat 8.7 G Chol 63.3 Mg Sodm 2025.35 Mg Carb 298.67 G Fiber 48.2 G Prtn 54.34 G</p>
<p>22</p> <p>French Toast Stix Sausage Links Assorted Fruit/Veggie Milk Skim Milk</p>	<p>23</p> <p>Tacos Spanish Rice Salsa Assorted Fruit/Veggie Milk Skim Milk</p>	<p>24</p> <p>Submarine Sandwich Mayo Assorted Fruit/Veggie Milk Skim Milk</p>	<p>25</p> <p>Hamburger on a Bun Catsup & Pickles Assorted Fruit/Veggie Milk Chocolate Milk</p>	<p>Cal 1742 T.Fat 44.51 G S.Fat 12.9 G Chol 81.8 Mg Sodm 2141.25 Mg Carb 300.64 G Fiber 48.0 G Prtn 56.97 G</p>
<p>29</p> <p>Country Fried Steak Whipped Potatoes/Gravy Dinner Roll Assorted Fruit/Veggie Milk Skim Milk</p>	<p>30</p> <p>Pepperoni Pizza Assorted Fruit/Veggie Milk Skim Milk</p>	<p>31</p> <p>P.B. & Jelly Sandwich String Cheese Assorted Fruit/Veggie Milk Skim Milk</p>	<p>This institution is an equal opportunity provider.</p>	<p>Cal 1549 T.Fat 35.39 G S.Fat 10.2 G Chol 58.4 Mg Sodm 1786.11 Mg Carb 269.68 G Fiber 43.0 G Prtn 53.26 G</p>

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Cortez Schools
Lunch Menu/2022-2023
Menu subject to change due to availability and seasonality.

