



Monday

Tuesday

Wednesday

Thursday

Friday

	1 Breakfast Burrito BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	2 Egg cheese muffin BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	3 Yogurt & Graham Cracker BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	4 Waffle BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk
7 French Toast Stick BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	8 OATMEAL BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	9 Stick Sausage Pancake BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	10 Bagel, Ham & Cheese BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	11 CINNAMON ROLLS BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk
14 Sliced Ham & Hashbrown BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	15 Biscuit & Sausage Patty BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	16 PANCAKES BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	17 CINNAMON ROLLS BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	18 OATMEAL BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk
21 Pizza sausage breakfast BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	22 Boiled Egg & Hashbrown BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	23 Biscuit & Gravy BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	24 Egg cheese muffin BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	25 CINNAMON ROLLS BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk
28 No School	29 Pop-Tarts BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	30 YOGURT, 4oz GRANOLA BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	31 Stick Sausage Pancake BAGEL & CREAM CHEESE Assorted Cereals Fresh Fruit Juice, Apple, 4oz Juice, Grape Juice, Orange 4oz Milk	

Arcata School District  
Breakfast Menu 2012



Monday

Tuesday

Wednesday

Thursday

Friday

	1 Spaghetti/Brdstck Meat or MEATLESS Salad Bar Fresh Fruit Milk	2 Chicken Broc Casserde Meat or MEATLESS Salad Bar Fresh Fruit Milk	3 CHILI CON CARNE W/ BEANS VEGETABLE CHILI CORN MUFFIN Salad Bar Fresh Fruit Milk	4 Hot Dog/Bun PB & J Dessert Salad Bar Fresh Fruit Milk
7 Chef Salad Meat or MEATLESS CRACKERS Fresh Fruit Milk	8 Nachos Meat or MEATLESS Salad Bar Fresh Fruit Milk	9 Asian Rice Bowl Meat or MEATLESS Salad Bar Fresh Fruit Milk	10 Italian Wedding Soup BRE ADSTICK Yogurt, 8oz Salad Bar Fresh Fruit Milk	11 Bagel, Ham & Cheese BAGEL & CREAM CHEESE Dessert Salad Bar Milk
14 Ravioli Meat or MEATLESS Breadstick Salad Bar Fresh Fruit Milk	15 Frito Pie Meat or MEATLESS Salad Bar Fresh Fruit Milk	16 POTATO BAR Green Salad Fresh Fruit Milk	17 Cream Broccoli Soup PB & J Salad Bar Fresh Fruit Milk	18 SLOPPY JOE ON A ROLL Yogurt, 8oz Dessert Salad Bar Fresh Fruit Milk
21 Corn Dog EGG SALAD SANDWICH Salad Bar Fresh Fruit Milk	22 Southern Chicken Mash Meat or MEATLESS Salad Bar Fresh Fruit Milk	23 Ground Pork Pizza Cheese Pizza Salad Bar Fruit Salad Milk	24 TOMATO SOUP CORN MUFFIN Salad Bar Fresh Fruit Milk	25 Bacon egg muffin Egg cheese muffin Dessert Salad Bar Fresh Fruit Milk
28 No School	29 BURRITO Chips & Salsa Salad Bar Fresh Fruit Milk	30 Mac & Cheese Salad Bar Fresh Fruit Milk	31 Chicken Noodle Soup CRACKERS PB & J Salad Bar Fresh Fruit Milk	

Arcata School District  
Lunch Menu 2012