

## Meal Prices

Breakfast		Lunch	
Grades PK-5	\$1.35	Grades PK-5	\$2.50
Grades 6-8	\$1.35	Grades 6-8	\$2.60
Grades 9-12	\$1.35	Grades 9-12	\$2.60
Adult	\$1.65	Adult	\$3.20
Extra Milk	\$0.40	Extra Milk	\$0.40

# May

## Baltic School District Breakfast & Lunch Menu



### Monday

#### Sausage/Chz Biscuit 1

- A. Italian Dunker
- B. Hot Dog on Bun
- C. Ham & Cheese Sub
- D. Chicken Fajita Salad

Green Beans

### Tuesday

#### Cheesy Eggs & Toast 2

- A. Chicken Fajita
- B. Taco Pizza
- C. Trio Meat & Cheese Sub
- D. Chicken Ranch Salad

Corn

### Wednesday

#### Glazed Donut 3

- A. BBQ Meatball Sub
- B. Pork Fritter Sandwich
- C. Italian Sub
- D. Chef Salad

French Fries

### Thursday

#### Breakfast Sliders 4

- A. Tater Tot Hot Dish
  - B. Chicken Nuggets
  - C. Cold Cut Sub
  - D. Chicken Fajita Salad
- A&B: Bread  
Carrots

### Friday

#### Dutch Waffle 5

- A. Spaghetti w/Meatsauce w/Garlic Toast
  - B. Chicken Wrap
  - C. Turkey & Cheese Sub
  - D. Chicken Salad
- Peas

#### Breakfast Pizza 8

- A. BBQ Chicken Sandwich
- B. Cheeseburger
- C. Ham & Cheese Sub
- D. Chicken Fajita Salad

Tater Tots

#### French Toast Sticks 9

- A. Nachos Grande
  - B. Meatballs w/Gravy
  - C. Trio Meat & Cheese Sub
  - D. Chicken Ranch Salad
- A&B: Rice  
Corn

#### Breakfast Burrito 10

- A. Fish Sticks w/Dinner Roll
- B. Cheese Pizza
- C. Italian Sub
- D. Chef Salad

Green Beans

#### Cinnamon Roll 11

- A. Chicken Parmesan w/Pasta
- B. Corn Dog
- C. Cold Cut Sub
- D. Chicken Fajita Salad

Peas

#### Pancakes 12

- A. Turkey & Gravy
  - B. Chicken Sticks
  - C. Turkey & Cheese Sub
  - D. Chicken Salad
- A&B: Bread  
Mashed Potatoes w/Gravy

#### Long John Donut 15

- A. Breaded Fish Sandwich
- B. Crispy Chicken Sandwich
- C. Ham & Cheese Sub
- D. Chicken Fajita Salad

Green Beans

#### Breakfast Pizza 16

- A. Super Mexi Tots w/Bread
  - B. Taco Quesadillas
  - C. Trio Meat & Cheese Sub
  - D. Chicken Ranch Salad
- Corn

#### Sausage Pancake Stick 17

- A. Chicken & Cheese Flatbread
  - B. Mini Corn Dogs
  - C. Italian Sub
  - D. Chef Salad
- Peas

#### Waffles 18

- A. Breaded Pork Fritter
  - B. Chicken Nuggets
  - C. Cold Cut Sub
  - D. Chicken Fajita Salad
- A&B: Dinner Roll  
Mashed Potatoes w/Gravy

#### Breakfast Sliders 19

- A. Beef Soft Shell Tacos
  - B. Pepperoni Pizza
  - C. Turkey & Cheese Sub
  - D. Chicken & Fruit Salad
- Ice Cream  
Carrots



A summer garden is a great way to increase **FRUIT & VEGETABLE** consumption!



**Are You Hungry...** All Lunch Meals Include a Nutrient Packed Fruit and Vegetable Bar.

**Eat Your 5 servings Everyday!**



**Be a Food Label Detective:**  
Make Sure to Choose Whole Grain



Look for "100% Whole Grain or Wheat" on packages of food like bread, cereal, and pasta.

**SCHOOL IS OUT!**  
SCREAM AND SHOUT

### Breakfast Choices Offered Daily

- Fruit & 100% Juice
- Breakfast Entrée
- WG Cereal
- Whole Grain Bread/Toast
- Low-Fat, Strawberry Skim & Skim Chocolate Milk

### Lunch Choices Offered Daily

- Grades PK-5 "A", "B", or "C" Entrees
- Grades 6-12 "A", "B", "C", or "D" Entrees
- "D" Entrees include grain component
- Low-Fat, Strawberry Skim & Skim Chocolate Milk
- Vegetables on the menu and the fruit & vegetable bar meet or exceed all vegetable subgroups weekly requirements

