

# NATIONAL SCHOOL DISTRICT MENUS

## MARCH 17, 2025 – MAY 2, 2025

**DAILY CHOICE OF:**  
1% white or nonfat  
flavored milk with  
each meal

### BREAKFAST

### FREE STUDENT MEALS SERVED EVERY DAY

Breakfast is served 45 minutes before first bell

#### MONDAY

##### Mini Pancakes

whole wheat maple pancakes

##### Ultimate Breakfast Cinnamon Round

whole wheat flour and oats

##### Assorted Cereal & String Cheese

whole grain cereal varieties

#### TUESDAY

##### Bagel Sandwich

whole grain beef sausage & cheese

##### Lemon Square

whole grain lemon breakfast square

##### Assorted Cereal & String Cheese

whole grain cereal varieties

#### WEDNESDAY

##### Breakfast Burrito

whole grain tortilla with egg, cheese,  
and beef chorizo

##### Muffin Top

whole grain muffin with sweet potato  
and chocolate chips

##### Assorted Cereal & String Cheese

whole grain cereal varieties

#### THURSDAY

##### Mini Waffles

whole wheat maple waffles

##### Pan Dulce

whole grain pan dulce (concha)

##### Assorted Cereal & String Cheese

whole grain cereal varieties

#### FRIDAY

##### Bagel Sandwich

whole grain beef sausage & cheese

##### Bagel & Cream Cheese

whole grain bagel

##### Assorted Cereal & String Cheese

whole grain cereal varieties

### ADULT MEAL PRICES

Breakfast Meal

\$4.25

Lunch Meal \$5.75

Milk \$0.50

### LUNCH

This Institution is an equal opportunity provider. Menus subject to change

#### MONDAY

##### Teriyaki Chicken & Vegetable Brown Rice

whole muscle chicken with sweet  
teriyaki sauce

##### Tamale in Red Sauce

Made with chicken & whole ground  
white corn masa flour

##### Low Fat Yogurt

with whole grain granola

#### TUESDAY

##### Rotini with Italian Meat Sauce & Roll

whole wheat rotini with Italian beef  
sauce served with a whole grain roll

##### Tuna on Croissant

freshly made tuna salad on a whole  
grain reduced fat croissant

##### Bean & Cheese Pupusa

with whole cooked corn masa

#### WEDNESDAY

##### Brunch 4 Lunch

whole grain maple waffles and turkey  
sausage

##### Crispy Chicken Tenders

whole muscle chicken tenders made  
with whole grain breading

##### Toasted Cheese Sandwich

freshly made whole grain sandwich,  
lightly toasted, with American cheese

#### THURSDAY

##### Tomato Basil Meatballs

Turkey meatballs cooked in tomato basil  
sauce served with a garlic roll

##### Chicken Sandwich

whole muscle meat cooked with whole  
grain breading

##### Cheese Quesadilla

made fresh on a whole grain tortilla

#### FRIDAY

##### Pepperoni Pizza

100% skim milk mozzarella cheese  
& pork pepperoni baked whole  
grain pizza crust

##### All Beef Cheeseburger

100% char-broiled beef steak  
burger on whole grain bun

##### Cheese Pizza

100% skim milk mozzarella cheese  
on baked whole grain pizza crust

### SALAD BAR

Choose from Fresh  
Fruits and  
Vegetables Offered  
Daily

### Varieties Include:

Tossed Salad,  
Carrots, Cucumber,  
Tomatoes, Jicama,  
Cauliflower,  
Broccoli, Celery,  
Beans, Pears,  
Apples, Oranges,  
Bananas,  
Strawberries, 100%  
Juice & more