

**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

**3**  
Mandarin Orange Chicken  
Brown Rice  
Steamed Broccoli  
Fortune Cookie  
Fruit & Veggie Bar  
Assorted Milk

**4**  
Chicken Patty Sandwich  
Baked Potato Fries  
Cookie  
Fruit & Veggie Bar  
Assorted Milk

**5**  
Bratwurst on a Bun  
Baked Potato Fries  
Frosted Cake  
Fruit & Veggie Bar  
Assorted Milk

**6**  
Chicken Fajitas  
Spanish Rice  
Cinnamon Churro  
Fruit & Veggie Bar  
Assorted Milk

**7**  
Mini Corndogs  
Baked Potato Wedges  
Fruit & Veggie Bar  
Assorted Milk

**10**  
Sweet and Sour Chicken  
Steamed Brown Rice  
Seasoned Broccoli  
Fortune Cookie  
Fruit & Veggie Bar  
Assorted Milk

**11**  
Baked Chicken Nuggets  
Baked French Fries  
Chocolate Chip Cookie  
Fruit & Veggie Bar  
Assorted Milk

**12**  
Beef & Cheese Calzone  
Seasoned Vegetables  
Fruit & Veggie Bar  
Assorted Milk

**13**  
Chicken & Cheese Quesadilla  
Spanish Rice  
Cinnamon Churro  
Fruit & Veggie Bar  
Assorted Milk

**14**  
Western BBQ Burger  
Baked Onion Rings  
Veggie & Fruit Bar  
Assorted Milk

**17**  
Penne Pasta with Alfredo Sauce  
Steamed Broccoli  
Veggie & Fruit Bar  
Assorted Milk

**18**  
Oven Baked Chicken  
Mashed Potatoes & Gravy  
Whole Wheat Roll  
Fruit & Veggie Bar  
Assorted Milk

**19**  
Cheese Bosco Sticks  
Seasoned Vegetables  
Fruit & Veggie Bar  
Assorted Milk

**20**  
Chicken Fried Steak  
Mashed Potatoes & Gravy  
Fruit & Veggie Bar  
Assorted Milk

**21**  
**Holiday Break**

**24**  
**Holiday Break**

**25**  
**Holiday Break**

**26**  
**Holiday Break**

**27**  
**Holiday Break**

**28**  
**Holiday Break**

**31**  
**Holiday Break**

There is a choice of entrees served daily with unlimited fruit and vegetable bar  
A different entree is offered daily or a choice of the following entrees are also available

- Specialty Pizza
- Chicken Patty Sandwich
- Hamburger on Bun
- Grab N' Go Salads



Lunch: \$3.00  
Reduced: \$.40  
Free: \$.00

A la carte sales are available for purchase to all students and charges are applied to all students including free & reduced students

# Breakfast

# Palmer Ridge High School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>Sausage or Ham Burrito Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>	<p><b>4</b></p> <p>Breakfast Bear Burger Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>	<p><b>5</b></p> <p>Egg Sausage Sandwich Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>	<p><b>6</b></p> <p>Bagel &amp; Egg Sandwich Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>	<p><b>7</b></p> <p>Croissant Sandwich Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>
<p><b>10</b></p> <p>Sausage or Ham Burrito Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>	<p><b>11</b></p> <p>Breakfast Bear Burger Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>	<p><b>12</b></p> <p>Egg Sausage Sandwich Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>	<p><b>13</b></p> <p>Bagel &amp; Egg Sandwich Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>	<p><b>14</b></p> <p>Croissant Sandwich Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>
<p><b>17</b></p> <p>Sausage or Ham Burrito Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>	<p><b>18</b></p> <p>Breakfast Bear Burger Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>	<p><b>19</b></p> <p>Egg Sausage Sandwich Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>	<p><b>20</b></p> <p>Bagel &amp; Egg Sandwich Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit Fruit Juice Assorted Milk</p>	<p><b>21</b></p> <p>Holiday Break</p>
<p><b>24</b></p> <p>Holiday Break</p>	<p><b>25</b></p> <p>Holiday Break</p>	<p><b>26</b></p> <p>Holiday Break</p>	<p><b>27</b></p> <p>Holiday Break</p>	<p><b>28</b></p> <p>Holiday Break</p>
<p><b>31</b></p> <p>Holiday Break</p>	<p><b>School Information Breakfast is served at Bear Creek, Palmer Lake, Lewis-Palmer Elementary Schools &amp; all secondary schools</b></p> <p><b>Breakfast: \$2.00</b> <b>Reduced: \$.00</b> <b>Free: \$.00</b></p>			<p>A good breakfast should include carbohydrate and protein. Carbs give you energy and protein slows the absorption of sugars and gives you staying power till your next meal.</p>

