



COLORADO PROUD SCHOOL MEAL DAY

MENU SUGGESTIONS

BREAKFAST

Scrambled Eggs
Whole Wheat Toast
Jam
Applesauce
1% Milk

Cereal
Whole Wheat Toast
Honey
Peaches
1% Milk

Bagel
Link Sausage
Strawberry Jam
Cantaloupe
1% Milk

LUNCH

Hamburger
Whole Wheat Bun
Peaches
Lettuce, Tomato, Onion
1% Milk

Potato Bar
Chili
Cheese
Broccoli
Sunflower Seeds
Salsa
Sliced Apples
Corn Bread Muffin
1% Milk

Beef and Bean Tamale Pie
Corn
Watermelon
Roll
1% Milk