

## BAFA Menu

Menus subject to change / Students must select a fruit or vegetable to have a complete meal according to federal guidelines

Students must take a fruit or vegetable to have a qualifying meal

| Monday, May 6   | Tuesday, May 7   | Wednesday, May 8   | Thursday, May 9  | Friday, May 10  |
|---|--|--|--|---|
| Cici's Pizza- <a href="#">see list</a>                  | Cici's Pizza- <a href="#">see list</a>   | Cici's Pizza- <a href="#">see list</a>                       | Cici's Pizza- <a href="#">see list</a>                                     | Cici's Pizza- <a href="#">see list</a>  |
| Teriyaki Chicken 28g<br>brown rice 35g<br>Kyoto Veg 9.3 | Honey Sriracha chicken 34g<br>brown rice 35g<br><br>Oriental veg 2.7g  | Orange Chicken 38.4g,<br>Brown Rice 35g<br>Stir Fry Veg 5.3g | General Tso Chicken 36.5g,<br><br>Brown Rice 35g<br>Midori veg. 9.4g       | Cherry Blossom Chicken 41.7g,<br><br>Midori veg. 9.4g<br>Brown Rice 35g                           |
| Chef Choice   | Salisbury steak 4.1g<br>Mashed Potatoes 18.2g/ brown<br>gravy 3.3gg<br>Blueberry squares 30.4g<br>Glazed carrots 22.3g | Taco Flatbread 48.6g<br>Salsa 2g                             | Chicken Parm 16.5g<br><br>Spaghetti 42.9g<br><br>Garlic bread<br><br>salad | Chicken Fried Steak 14g<br>Mashed Potatoes 18.2g/gravy 7.7g<br>WW Roll 25.5g<br>Baked Beans 36.2g |
| Corndog nuggets 33g<br>Broccoli and cauliflower 2g      | Hot ham and cheese 29g<br><br>Glazed carrots 22.3g   | Nashville hot 0.6g<br>Wedges 15.2g<br>WW Roll 25.5g          | Hamburger 28g<br><br>Cheeseburger 29g<br><br>Tots 14.1g                    | Spicy chicken sandwich 19g<br>Spiral fries 16.9g  |
| Mandarin oranges 20.1g                                  | Strawberries 13.4g   | Mixed fruit 17.8g  | Grapes 7.9g  | Pears 18.9g   |

Daily selections available w, baby carrots, green salad, beans, and seasonal vegetables.

Carb counts are listed in **red** by the food item.