

Utica City School District

Secondary School Menu Breakfast Choices

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
Chicken & Cheese Biscuit Sandwich	Cinnamon French Toast	Breakfast Empanada	Pancakes or Waffles	PILLSBURY Frudel, Mini Cini, Cresent
Fruit & Yogurt Parfait	Fruit & Yogurt Parfait	Fruit & Yogurt Parfait	Fruit & Yogurt Parfait	Fruit & Yogurt Parfait
Whole Grain Muffins	Whole Grain Cereal	Whole Grain Muffins	Fresh Fruit	Whole Grain Muffins
Fresh Fruit	Fresh Fruit	Fresh Fruit	Whole Grain Cereal	Fresh Fruit
Fruit Cup	100% Fruit Juice	Fruit Cup	100% Fruit Juice	Fruit Cup
Milk Choice 8oz	Milk Choice 8oz	Milk Choice 8oz	Milk Choice 8oz	Milk Choice 8oz

Lunch Choices

Every Day Entrées	Sides	Milk
	Offered	Offered Daily
Crispy Breaded Chicken Tenders	M,W,F - Tossed Salad(Spinach & Romaine)	1% Milk
Special of the Day	T - Legumes/Beans	LF Chocolate Milk
Breaded Spicy Chicken Patty	W - Red/Orange veg	LF Strawberry Milk
on Whole Grain Bun	TH - Starchy Vegetable	Skim Milk
Wrap Sandwich (Assorted)	F - Other/Mixed Veg.	
Grab and Go Salad (Full of Vegetables and Meat)	Assorted Fresh Fruit	
w/Whole Grain Roll	Fruit Cups (1 cup)	
Peanut butter & Jelly Sandwich	100% Fruit Juice(Tues&Thurs)	
Black Bean Veggie Burger		
Check Special Board for Specials and Menu Changes		