

East Nicolaus Joint Unified School District / East Nicolaus High 2017-2018

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Pork Sausage Patty	Waffle, Ego Mini	Scrambled Egg, Cheese&Bacon Biscuit	Cheese Omlet w/ English Muffin	French Toast Pork Sausage Patty
Muffin - Variety	Oatmeal/Choc Chip Benefit Bar	Muffin – Variety	Apple /Cinn Benefit Bar	Muffin - Variety
Cereal - Variety	Mini Roll or Bagel	Cereal - Variety	Mini Roll or Bagel	Cereal- Variety
Protein Pack*	Cereal-Variety	Protein Pack*	Cereal – Variety	Protein Pack*
Milk - Variety	Yogurt Parfait	Milk - Variety	Yogurt Parfait	Milk - Variety
	Milk - Variety		Milk - Variety	

*Protein Pack includes the following: String Cheese, Yogurt, Bagel w/Cream Cheese and Hard Boil Egg

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Bean&Cheese Burrito	Krispy Ckn Sandwich w/Wedge Fries	Macaroni&Cheese	Popcorn Chicken Bowl	Hamburger or Cheeseburger w/Wedge Fries
Turkey,Cheese & Bacon Sandwich	Turkey, Cheese & Bacon Sandwich	Chicken Egg Rolls w/ Steam Veggies	Chicken or Cheese Tamale & Black Beans	Turkey, Cheese & Bacon Sandwich
OrangeCkn&Brown Rice	Chicken Alfredo Penne Pasta	Turkey, Cheese & Bacon Sandwich	Turkey, Cheese & Bacon Sandwich	Caesar Salad w/Caesar Dressing
Caesar Salad w/Caesar Dressing	Garden Salad	Caesar Salad w/Caesar Dressing	Garden Salad	Fresh Fruit- Variety
Fresh Fruit-Variety	Fresh Fruit- Variety	Fresh Fruit- Variety	Fresh Fruit- Variety	Milk-Variety
Milk-Variety	Milk-Variety	Milk-Variety	Milk-Variety	
ShakerSalad &Dressing w/Entre'	ShakerSalad &Dressing w/ Entre'	ShakerSalad &Dressing w/ Entre'	ShakerSalad &Dressing w/ Entre'	ShakerSalad &Dressing w/ Entre'

**This institution is an equal opportunity provider