

CROSSROADS

BOOTCAMP

MENU 2017-2018



All grains offered are whole grain. Each student can choose 2 vegetables and 2 fruit choices with 1 lunch entrée and 1 milk for each day..



"Only I can change my life. No one can do it for me."
-Carol Burnett

week 1

Monday

Hamburger
Cheeseburger

Tuesday

Personal
Style
Pizza

Wednesday

Frito Pie
w/Corn Muffin

Thursday

Chicken
Nuggets w/
WG Roll

Friday

Pepperoni
or
Cheese
Pizza

week 2

Monday

WG
Spaghetti
w/Meatballs

Tuesday

Chicken
Tenders
&
WG Roll

Wednesday

Beefy
Nachos

Thursday

Pizza
Cheese Sticks
w/
Marinara Sauce

Friday

Spicy or
Regular
Chicken
Burgers

Menu subject to change due to vendor availability