






# What's on the Menu?



**Chase 2023-2024**  
Fun Lunch rotates every other week

Monday	Tuesday	Wednesday	Thursday	Friday
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Breakfast				
<p>Whole Grain Fruit Muffin String Cheese</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>Assorted Cereals with Yogurt or string cheese</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>Whole Grain Bagel Cream Cheese</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>Assorted Cereals with Yogurt or string cheese</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>Nutrigrain Bar</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>
Cereal Available Daily with a choice of yogurt or string cheese				
<b>Lunch</b>				

<p>Turkey and Cheese Sandwich</p>  <p>Or</p> <p>Muffin Fun Lunch</p>  <p>Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Chicken Caesar Salad with Two Dinner Rolls</p>  <p>Or</p> <p>Muffin Fun Lunch</p>  <p>Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Garden Salad with Shredded Cheddar and Two Bread sticks</p>  <p>Or</p> <p>Muffin Fun Lunch</p>  <p>Fresh Caesar Salad Fresh Celery Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Chicken Caesar Wrap</p>  <p>Or</p> <p>Muffin Fun Lunch</p>  <p>Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Whole Grain Cheese Pizza</p>  <p>Or</p> <p>Muffin Fun Lunch</p>  <p>Classic Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>
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**Serving up happy & healthy**

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## Breakfast

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Cereal Available Daily with a choice of yogurt or string cheese

## Lunch

<p>Turkey and Cheese Sandwich</p>  <p>Or</p> <p>Bagel Fun Lunch</p>  <p>Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Chicken Caesar Salad with Two Dinner Rolls</p>  <p>Or</p> <p>Bagel Fun Lunch</p>  <p>Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Garden Salad with Shredded Cheddar and Two Bread sticks</p>  <p>Or</p> <p>Bagel Fun Lunch</p>  <p>Fresh Caesar Salad Fresh Celery Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Chicken Caesar Wrap</p>  <p>Or</p> <p>Bagel Fun Lunch</p>  <p>Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Whole Grain Cheese Pizza</p>  <p>Or</p> <p>Bagel Fun Lunch</p>  <p>Classic Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>
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# Preparing Your Meal

Please use the following instructions for storing and heating your meal at home.

**Please Note:** Your Meal Box contains perishable products, and should be immediately stored in refrigeration between 36° F- 41° F, for best quality and freshness



**Keep Cold  
Foods Cold**

**100% Fruit Juice  
Yogurt Cups  
String Cheese  
Deli Sandwiches**

**store in refrigeration between 36°F – 41°F for best  
quality and freshness**

**aces**  
area cooperative educational services

**Serving up happy & healthy**