



Check out the menu online at:

<https://www.schoolcafe.com/>

TitusvilleASD

Monday

Tuesday

Wednesday

Thursday

Friday



*Menus are subject to Change

WHAT MAKES A MEAL?

Breakfast

You must choose at least 3 of 4 components available for the school breakfast

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

**Students must choose at least one 1/2 cup fruit*

Lunch!

You must choose at least 3 of 5 components available for the school lunch

*Choice of Meat or Meat Alternate

*Choice of Vegetable, Choice of Fruit

*Choice of Grain/Bread, & Choice of Milk

**Students must choose at least one fruit or vegetable*

2

Assorted Breakfast Items

Cook's Choice

Nacho Munchable

Hot Vegetable

3

Assorted Breakfast Items

Cook's Choice

Bologna & Cheese Munchable

Hot Vegetable

4

Assorted Breakfast Items

Cook's Choice

Pizza Munchable

Hot Vegetable

Assorted Cereal or Breakfast Bars

Assorted Cereal or Breakfast Bars

Assorted Cereal or Breakfast Bars

Assorted Cereal or Breakfast Bars

Assorted Cereal or Breakfast Bars

Offered Daily For Breakfast

This institution is an equal opportunity provider.

DAILY VEGETABLES & FRUITS MAY INCLUDE:

Broccoli Florets

Baby Carrots

Cucumber Slices

Celery Sticks

Roasted Chickpeas

Crisp Apples

Bananas

Juicy Oranges

Diced Peaches

Diced Pears

Applesauce

LUNCH BOX HELPER:

BRINGING YOUR LUNCH FROM HOME?

Simply select at least 3 of the 5 food groups offered in your cafeteria, and make sure 1 of the 3 is a fruit or vegetable!

DAILY MILK CHOICES:

Low Fat White
Fat Free Chocolate
Skim Milk