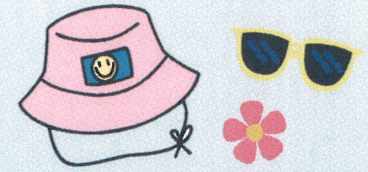



May 2024 Menu

Crookston High School



Monday	Tuesday	Wednesday	Thursday	Friday
Each lunch is served with fruits (15) and vegetables, one carton of milk, and condiments along with the daily entrée.		1 Pepperoni Pizza (32)	2 Corn Dog (30)	3 French Toast Sticks (60) Breakfast Syrup (29) Cheese Omelet
6 General Tso Chicken (16) Brown Rice (22) Dinner Roll (14)	7 Beef Taco with Cheese and Fixings (22) Refried Beans (10) Carrots & Fruit (15)	8 Chicken Alfredo (60) Breadstick (17)	9 Turkey and Gravy (4) Two Bread Slices (26) Mashed Potatoes (14)	10 Pancakes (20) Eggs Yogurt Cup (15)
13 Popcorn Chicken (12) Mashed Potatoes (14) and Gravy (4) Dinner Roll (14)	14 Chicken Fajita (22) with Cheese and Fixings Mexican Rice (19) Refried Beans (10)	15 Corn Dog (30)	16 Meatballs (4) and Gravy (4) Two Bread Slices (26) Mashed Potatoes (14)	17 Italian Dunkers (32) Marinara Sauce (5)
20 Deli Sandwich (26) Broccoli & Carrots Fruit (15)	21 Pulled Pork Sandwich (46) Baked Beans (23)	22 Pasta Bar: Choice of Pasta (38) & Meat Sauce (9) or Chicken Mac & Cheese (32) Breadstick (17)	23 Chicken and Gravy (4) Two Bread Slices (26) Mashed Potatoes (14)	24 Cook's Choice
27 No School	28 Cook's Choice	29 Cook's Choice	30 Cook's Choice	31

Entrée Alternatives

Daily:
 Hamburger (29)
 Breaded Chicken Sandwich (44)
 Plain Chicken Sandwich (30)
Monday: Mr. Rib (35)
Tuesday: Cheese Pizza (41)
Wednesday: Hot Dog (28)
Thursday: Spicy Chicken Patty (46)
Friday: Fish Sandwich (50)

Prices

Students: FREE
 Adult Price: \$4.95
 Extra Milk: \$0.50
 Lactose Free Milk: \$1.00

Daily Milk Choices

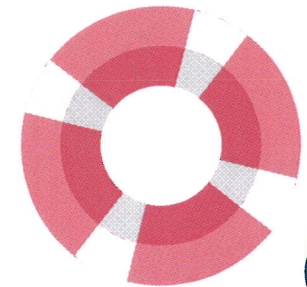
Plain Skim (11)
 Plain 1% (11)
 Chocolate Skim (20)
 Lactose Free (upon request)

Carbohydrate Count

Numbers listed in parentheses () are the carbohydrate for that item in full.

Questions?

Contact Emily Scheresky at emilyscheresky@isd593.org or 218-281-5313 ext. 7



This Institution is an Equal Opportunity Provider

All Menus are subject to change without notice due to supply chain, availability, and delivery changes.





Crookston High School Breakfast Menu



2023-2024 School Year

This Institution is an Equal Opportunity Provider

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Choose 1-2 Grain or Protein Items</i>	Banana Bread (28) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Cinnamon Waffle Bites (35) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Breakfast Pizza (26) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Cinnamon Donuts (12-15) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Mini Strawberry Cream Cheese Bagels (42) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]
<i>Choose 1-2 Fruits</i>	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]
<i>Choose up to 1 Milk</i>	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Choose 1-2 Grain or Protein Items</i>	Pumpkin Bread (44) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Muffin (30) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Breakfast Corn Dog (17) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Granola (20) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Cinnamon Cream Cheese Bagels (42) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]
<i>Choose 1-2 Fruits</i>	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]
<i>Choose up to 1 Milk</i>	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]

Menus are subject to change without notice due to availability and delivery changes. Lactose-free milk is available upon request. All grain options are whole grain rich. Carbohydrate counts are listed in parenthesis. Brackets [] are considered item equivalents. A student must take a minimum of 3 item equivalents at breakfast, with at least 1 item being a fruit or fruit juice, to meet federal requirements. A student can choose up to 5 items. Additional items will be charged out as a la carte pricing. Students cannot choose 2 of the same item. Questions or concerns should be directed to Emily Scheresky at emilyscheresky@isd593.org or 218-281-5313 ext. 7. Cost of adult breakfast is \$3.00.