Crusader Meal Menu 2022/2023

**Monday:**

Meat Stick

Mozzarella Cheese Stick

Grain Item – Snack Pack

Vegetable of the Day

Fruit of the Day

Choice of Milk

**Tuesday:**

2 ounce Plain Bagel

Light Cream Cheese Cup – plain

Hard Boiled Egg – sliced

Vegetable of the Day

Fruit of the Day

Choice of Milk

**Wednesday:**

Soft Shell Tortilla Wrap. An 8” soft tortilla with ham & cheese wrapped inside cut in fun bites ready to dip in light ranch dressing.

Vegetable of the Day

Fruit of the Day

Choice of Milk

**Thursday:**

Crusader Pizza-able

Includes: Flat bread, pizza sauce, mozzarella cheese & pepperoni slices

Vegetable of the Day

Fruit of the Day

Choice of Milk

**Friday:**

Yogurt (strawberry)

Mozzarella Cheese Stick

Grain Item – Snack Pack

Vegetable of the Day

Fruit of the Day

Dessert of the Week

Choice of Milk