

# Breakfast May 2017

| Mon   | Tue  | Wed   | Thu  | Fri   | Nutrients  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
|---|--|---|--|---|--|----------------------|---------------|---------------------|------|-----------------------|--|----------------------|--|-----------------------|--|-----------------------|--|-------------------------|--|----------------------|--|----------------------|--|---------------------|-----------|---------------------|-----------|--------------------|-----------|---------------------|-----------|
| 1<br>Cereal<br>Graham Crackers<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk | 2<br>Cinnamon Bun<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk   | 3<br>Tac-Go<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk                                | 4<br>Nutrigrain Bar<br>Yogurt<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk | 5<br>Sausage Wrap<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk                              | <table style="width: 100%; border: none;"> <tr> <td style="text-align: right;"><i>Avg Nutrients</i></td> <td style="text-align: right;"><i>Target</i></td> </tr> <tr> <td><i>Cals....</i> 483</td> <td style="text-align: right;">102%</td> </tr> <tr> <td><i>Chol....</i> 54 mg</td> <td></td> </tr> <tr> <td><i>Sodium</i> 505 mg</td> <td></td> </tr> <tr> <td><i>Fiber...</i> 4.8 g</td> <td></td> </tr> <tr> <td><i>Iron...</i> 3.1 mg</td> <td></td> </tr> <tr> <td><i>Calcium</i> 459.8 mg</td> <td></td> </tr> <tr> <td><i>Vit A</i> 2177 IU</td> <td></td> </tr> <tr> <td><i>Vit C</i> 60.2 mg</td> <td></td> </tr> <tr> <td><i>Sugar</i> 24.3 g</td> <td style="text-align: right;">20.0% Cal</td> </tr> <tr> <td><i>Prot.</i> 16.0 g</td> <td style="text-align: right;">13.2% Cal</td> </tr> <tr> <td><i>Carb</i> 88.0 g</td> <td style="text-align: right;">72.6% Cal</td> </tr> <tr> <td><i>T. Fat</i> 8.8 g</td> <td style="text-align: right;">16.3% Cal</td> </tr> </table> | <i>Avg Nutrients</i> | <i>Target</i> | <i>Cals....</i> 483 | 102% | <i>Chol....</i> 54 mg |  | <i>Sodium</i> 505 mg |  | <i>Fiber...</i> 4.8 g |  | <i>Iron...</i> 3.1 mg |  | <i>Calcium</i> 459.8 mg |  | <i>Vit A</i> 2177 IU |  | <i>Vit C</i> 60.2 mg |  | <i>Sugar</i> 24.3 g | 20.0% Cal | <i>Prot.</i> 16.0 g | 13.2% Cal | <i>Carb</i> 88.0 g | 72.6% Cal | <i>T. Fat</i> 8.8 g | 16.3% Cal |
| <i>Avg Nutrients</i>  | <i>Target</i>  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Cals....</i> 483   | 102%   |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Chol....</i> 54 mg   |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Sodium</i> 505 mg  |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Fiber...</i> 4.8 g   |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Iron...</i> 3.1 mg   |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Calcium</i> 459.8 mg   |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Vit A</i> 2177 IU  |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Vit C</i> 60.2 mg  |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Sugar</i> 24.3 g   | 20.0% Cal  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Prot.</i> 16.0 g   | 13.2% Cal  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Carb</i> 88.0 g  | 72.6% Cal  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>T. Fat</i> 8.8 g   | 16.3% Cal  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| 8<br>Breakfast Bar<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk             | 9<br>Mini Corn Dogs<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk | 10<br>Scrambled Eggs<br>Toast, Whole-Wheat<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk | 11<br>Pancakes<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk                | 12<br>Pizza Bagel<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk                              | <table style="width: 100%; border: none;"> <tr> <td style="text-align: right;"><i>Avg Nutrients</i></td> <td style="text-align: right;"><i>Target</i></td> </tr> <tr> <td><i>Cals....</i> 479</td> <td style="text-align: right;">101%</td> </tr> <tr> <td><i>Chol....</i> 54 mg</td> <td></td> </tr> <tr> <td><i>Sodium</i> 497 mg</td> <td></td> </tr> <tr> <td><i>Fiber...</i> 5.7 g</td> <td></td> </tr> <tr> <td><i>Iron...</i> 2.4 mg</td> <td></td> </tr> <tr> <td><i>Calcium</i> 422.3 mg</td> <td></td> </tr> <tr> <td><i>Vit A</i> 1932 IU</td> <td></td> </tr> <tr> <td><i>Vit C</i> 56.6 mg</td> <td></td> </tr> <tr> <td><i>Sugar</i> 25.3 g</td> <td style="text-align: right;">21.2% Cal</td> </tr> <tr> <td><i>Prot.</i> 16.8 g</td> <td style="text-align: right;">14.0% Cal</td> </tr> <tr> <td><i>Carb</i> 90.1 g</td> <td style="text-align: right;">75.3% Cal</td> </tr> <tr> <td><i>T. Fat</i> 6.8 g</td> <td style="text-align: right;">12.8% Cal</td> </tr> </table> | <i>Avg Nutrients</i> | <i>Target</i> | <i>Cals....</i> 479 | 101% | <i>Chol....</i> 54 mg |  | <i>Sodium</i> 497 mg |  | <i>Fiber...</i> 5.7 g |  | <i>Iron...</i> 2.4 mg |  | <i>Calcium</i> 422.3 mg |  | <i>Vit A</i> 1932 IU |  | <i>Vit C</i> 56.6 mg |  | <i>Sugar</i> 25.3 g | 21.2% Cal | <i>Prot.</i> 16.8 g | 14.0% Cal | <i>Carb</i> 90.1 g | 75.3% Cal | <i>T. Fat</i> 6.8 g | 12.8% Cal |
| <i>Avg Nutrients</i>  | <i>Target</i>  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Cals....</i> 479   | 101%   |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Chol....</i> 54 mg   |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Sodium</i> 497 mg  |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Fiber...</i> 5.7 g   |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Iron...</i> 2.4 mg   |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Calcium</i> 422.3 mg   |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Vit A</i> 1932 IU  |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Vit C</i> 56.6 mg  |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Sugar</i> 25.3 g   | 21.2% Cal  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Prot.</i> 16.8 g   | 14.0% Cal  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Carb</i> 90.1 g  | 75.3% Cal  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>T. Fat</i> 6.8 g   | 12.8% Cal  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| 15<br>French Toast Sticks<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk      | 16<br>Breakfast Bar<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk | 17<br>Pizza<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk                                | 18<br>Skillet Frittata<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk        | 19<br>Pop Tarts<br>Graham Crackers<br>Assorted Fruit<br>Assorted Fruit Juice<br>Assorted Milk             | <table style="width: 100%; border: none;"> <tr> <td style="text-align: right;"><i>Avg Nutrients</i></td> <td style="text-align: right;"><i>Target</i></td> </tr> <tr> <td><i>Cals....</i> 469</td> <td style="text-align: right;">99%</td> </tr> <tr> <td><i>Chol....</i> 47 mg</td> <td></td> </tr> <tr> <td><i>Sodium</i> 481 mg</td> <td></td> </tr> <tr> <td><i>Fiber...</i> 4.7 g</td> <td></td> </tr> <tr> <td><i>Iron...</i> 2.4 mg</td> <td></td> </tr> <tr> <td><i>Calcium</i> 395.4 mg</td> <td></td> </tr> <tr> <td><i>Vit A</i> 2158 IU</td> <td></td> </tr> <tr> <td><i>Vit C</i> 56.6 mg</td> <td></td> </tr> <tr> <td><i>Sugar</i> 24.3 g</td> <td style="text-align: right;">20.7% Cal</td> </tr> <tr> <td><i>Prot.</i> 14.7 g</td> <td style="text-align: right;">12.5% Cal</td> </tr> <tr> <td><i>Carb</i> 89.7 g</td> <td style="text-align: right;">75.9% Cal</td> </tr> <tr> <td><i>T. Fat</i> 7.3 g</td> <td style="text-align: right;">14.0% Cal</td> </tr> </table>  | <i>Avg Nutrients</i> | <i>Target</i> | <i>Cals....</i> 469 | 99%  | <i>Chol....</i> 47 mg |  | <i>Sodium</i> 481 mg |  | <i>Fiber...</i> 4.7 g |  | <i>Iron...</i> 2.4 mg |  | <i>Calcium</i> 395.4 mg |  | <i>Vit A</i> 2158 IU |  | <i>Vit C</i> 56.6 mg |  | <i>Sugar</i> 24.3 g | 20.7% Cal | <i>Prot.</i> 14.7 g | 12.5% Cal | <i>Carb</i> 89.7 g | 75.9% Cal | <i>T. Fat</i> 7.3 g | 14.0% Cal |
| <i>Avg Nutrients</i>  | <i>Target</i>  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Cals....</i> 469   | 99%  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Chol....</i> 47 mg   |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Sodium</i> 481 mg  |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Fiber...</i> 4.7 g   |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Iron...</i> 2.4 mg   |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Calcium</i> 395.4 mg   |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Vit A</i> 2158 IU  |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Vit C</i> 56.6 mg  |  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Sugar</i> 24.3 g   | 20.7% Cal  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Prot.</i> 14.7 g   | 12.5% Cal  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>Carb</i> 89.7 g  | 75.9% Cal  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| <i>T. Fat</i> 7.3 g   | 14.0% Cal  |   |  |   |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |
| 22<br><br><b>Cook's<br/>Choice</b>  | 23<br><br><b>Cook's<br/>Choice</b>   | 24<br><br><b>Cook's<br/>Choice</b>  | 25<br>Last Day of School<br>For Students<br><br><b>Cook's<br/>Choice</b>                 | <b><i>Have a safe and happy summer break. See you on August 22, 2017 for the first day of school.</i></b> |  |                      |               |                     |      |                       |  |                      |  |                       |  |                       |  |                         |  |                      |  |                      |  |                     |           |                     |           |                    |           |                     |           |

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# Lunch May 2017

| Mon   | Tue  | Wed  | Thu   | Fri  | Nutrients  |
|---|--|--|---|--|--|
| <p>1</p> <p>Chicken Fajita<br/>Mexican Toppings<br/>Black Beans<br/>Mixed Vegetables<br/>Assorted Fruit<br/>Assorted Milk</p> | <p>2</p> <p>Sub Sandwich<br/>Tater Tots<br/>Lettuce &amp; Tomato<br/>Assorted Fruit<br/>Assorted Milk</p>              | <p>3</p> <p>Stromboli<br/>Broccoli &amp; Cheese Sauce<br/>Corn<br/>Goldfish Graham Crackers<br/>Assorted Fruit<br/>Assorted Milk</p> | <p>4</p> <p>Salisbury Steak<br/>Mashed Potatoes<br/>Brown Gravy<br/>Peas<br/>Roll<br/>Assorted Fruit<br/>Assorted Milk</p>              | <p>5</p> <p>Cheese Dunkers<br/>Greens<br/>Vegetable Blend<br/>Assorted Fruit<br/>Assorted Milk</p>                             | <p><i>Avg Nutrients</i>      <i>Target</i></p> <p><i>Cals....</i>      737      98%</p> <p><i>Chol....</i>      65 mg</p> <p><i>Sodium</i> 1319 mg</p> <p><i>Fiber...</i> 17.5 g</p> <p><i>Iron...</i> 5.0 mg</p> <p><i>Calcium</i> 692.8 mg</p> <p><i>Vit A</i> 7718 IU</p> <p><i>Vit C</i> 85.4 mg</p> <p><i>Sugar</i> 24.8 g    13.4% Cal</p> <p><i>Prot.</i> 38.7 g    21.0% Cal</p> <p><i>Carb</i> 116.0 g    62.9% Cal</p> <p><i>T. Fat</i> 15.9 g    19.4% Cal</p> <p><i>S. Fat</i> 6.4 g    7.8% Cal</p> |
| <p>8</p> <p>Chef Salad<br/>Ranch Dressing<br/>Red Pepper Strips<br/>Breadstick<br/>Assorted Fruit<br/>Assorted Milk</p>       | <p>9</p> <p>Ravioli<br/>Sautéed Mushrooms<br/>Lima Beans<br/>Breadstick<br/>Assorted Fruit<br/>Assorted Milk</p>       | <p>10</p> <p>Hamburger<br/>Lettuce &amp; Tomato<br/>French Fries<br/>Assorted Fruit<br/>Assorted Milk</p>                            | <p>11</p> <p>Chicken and Noodle<br/>Mashed Potatoes<br/>Chicken Gravy<br/>Green Beans<br/>Roll<br/>Assorted Fruit<br/>Assorted Milk</p> | <p>12</p> <p>Hot Dog On a Bun<br/>Hot Dog Sauce<br/>Baked Beans<br/>Sweet Potato Tots<br/>Assorted Fruit<br/>Assorted Milk</p> | <p><i>Avg Nutrients</i>      <i>Target</i></p> <p><i>Cals....</i>      743      99%</p> <p><i>Chol....</i>      85 mg</p> <p><i>Sodium</i> 1171 mg</p> <p><i>Fiber...</i> 12.4 g</p> <p><i>Iron...</i> 5.2 mg</p> <p><i>Calcium</i> 589.7 mg</p> <p><i>Vit A</i> 5022 IU</p> <p><i>Vit C</i> 82.8 mg</p> <p><i>Sugar</i> 28.3 g    15.3% Cal</p> <p><i>Prot.</i> 35.6 g    19.2% Cal</p> <p><i>Carb</i> 117.2 g    63.1% Cal</p> <p><i>T. Fat</i> 17.3 g    20.9% Cal</p> <p><i>S. Fat</i> 5.8 g    7.4% Cal</p> |
| <p>15</p> <p>Beefy Nachos<br/>Mexican Toppings<br/>Refried Beans<br/>Assorted Fruit<br/>Assorted Milk</p>                     | <p>16</p> <p>Pizza Sticks<br/>Vegetable Blends<br/>Brussel Sprouts<br/>Yogurt<br/>Assorted Fruit<br/>Assorted Milk</p> | <p>17</p> <p>BBQ Rib Sandwich<br/>Sweet Potatoes<br/>Slaw<br/>Assorted Fruit<br/>Assorted Milk</p>                                   | <p>18</p> <p>Chicken<br/>Mashed Potatoes<br/>Chicken Gravy<br/>Corn<br/>Roll<br/>Assorted Fruit<br/>Assorted Milk</p>                   | <p>19</p> <p>Fish<br/>Broccoli<br/>AU Gratin Potatoes<br/>Assorted Fruit<br/>Assorted Milk</p>                                 | <p><i>Avg Nutrients</i>      <i>Target</i></p> <p><i>Cals....</i>      803      100%</p> <p><i>Chol....</i>      52 mg</p> <p><i>Sodium</i> 1293 mg</p> <p><i>Fiber...</i> 12.0 g</p> <p><i>Iron...</i> 4.9 mg</p> <p><i>Calcium</i> 567.0 mg</p> <p><i>Vit A</i> 5771 IU</p> <p><i>Vit C</i> 93.1 mg</p> <p><i>Sugar</i> 24.7 g    12.3% Cal</p> <p><i>Prot.</i> 36.6 g    18.2% Cal</p> <p><i>Carb</i> 122.5 g    61.0% Cal</p> <p><i>T. Fat</i> 19.9 g    22.3% Cal</p>                                       |
| <p>22</p> <p><b>Cook's<br/>Choice</b></p>   | <p>23</p> <p><b>Cook's<br/>Choice</b></p>  | <p>24</p> <p><b>Cook's<br/>Choice</b></p>  | <p>25</p> <p>Last Day of School<br/>For Students<br/><b>Cook's<br/>Choice</b></p>   | <p><b>Free Breakfast<br/>and Lunch to<br/>ALL STUDENTS!</b></p>  |  |