






April 2024 Menu

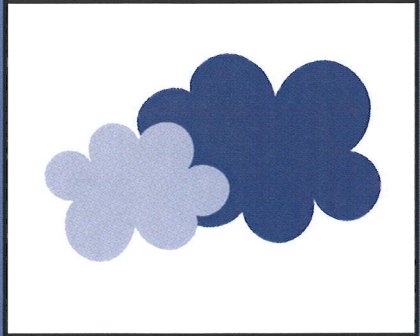
Crookston High School



Monday Tuesday Wednesday Thursday Friday

1 	2 Pulled Pork Sandwich (46) Baked Beans (23)	3 Pepperoni Pizza (32)	4 Corn Dog (30)	5 Brunch for Lunch! French Toast Sticks (60) Breakfast Syrup (29) Cheese Omelet
8 General Tso Chicken (16) Brown Rice (22) Dinner Roll (14)	9 Chicken Mac & Cheese (32) Breadstick (17)	10 Chicken Alfredo (60) Breadstick (17)	11 Turkey and Gravy Mashed Potatoes (14) and Gravy (4) Two Bread Slices (26)	12 Grilled Cheese (30) Tomato Soup (17)
15 Popcorn Chicken (12) Mashed Potatoes (14) and Gravy (4) Dinner Roll (14)	16 Chicken Fajita (22) with Cheese and Fixings Mexican Rice (19) Refried Beans (10)	17 Deli Sandwich (26)	18 Pirate's Choice Sandwich Line (26) Corn (17)	19 Pancakes (20) Eggs Yogurt Cup (15)
22 Orange Chicken (19) Brown Rice (17) Dinner Roll (14)	23 Beef Taco with Cheese and Fixings (22) Refried Beans (10) Carrots & Fruit (15)	24 Hot Ham and Cheese (26) Corn (17)	25 Meatballs (4) and Gravy (4) Two Bread Slices (26) Mashed Potatoes (14) Carrots & Fruit (15)	26 Italian Dunkers (32) Marinara Sauce (5)
29 Chicken Strips (22) Dinner Roll (14) Corn (17)	30 Pulled Pork Sandwich (46) Baked Beans (23)			

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.