

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Nutritional Info

 <p>Mmmburger w. Cheese Or Pesto Pasta Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Baked Chicken Nuggets Or Veggie Nachos w. Rice & Beans Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>All Beef Hot Dog Or Whole Grain Bosco Sticks Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Baked Fish Sandwich Or Pasta Mia Marinara Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>DoughBros' Cheese Or Veggie Pizza Or Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 641 Protein (g): 21 Carbs (g): 46 Total Fat (g): 8</p>
 <p>Whole Grain Pancakes Turkey Sausage Or Breakfast Sandwich Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Crispy Chicken Tenders Or Vegetarian Lasagna Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Meatball Sub Or Black Bean Veggie Burger Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Turkey Taco Or Veggie Taco Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>DoughBros' Cheese Or SAUSAGE Pizza Or Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 642 Protein (g): 19 Carbs (g): 41 Total Fat (g): 7</p>
 <p>Chicken Fajitas Or Pasta Primavera Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Sloppy Joe Sandwich Or Veggie Bowl w. Rice & Beans Steamed Veggies Just Picked Fresh Fruit</p>	<p>Chicken Sandwich Or Baked Mostaccioli Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Chili Beef Bowl Or Vegetarian Chili Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>DoughBros' Cheese Or Veggie Pizza Or Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 640 Protein (g): 20 Carbs (g): 44 Total Fat (g): 9</p>
 <p>No School Winter Break</p>	<p>No School Winter Break</p>	<p>No School Winter Break</p>	<p>No School Winter Break</p>	<p>No School Winter Break</p>	
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Legumes & Beans:

- ~Chickpeas (garbanzo beans)
- ~Lentils
- ~Peas
- ~Kidney Beans
- ~Black Beans
- ~Soybeans
- ~Pinto Beans
- ~etc.



They are excellent sources of dietary fiber, protein, B vitamins and many other important vitamins and minerals!

