



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Nutritional Info

 <p>1 Baked Chicken Nuggets Or Baked Mostaccioli Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>2 Spaghetti w. Meatballs Or Veggie Bowl w. Rice & Black Beans Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>3 Brunch for Lunch Waffles Turkey Sausage Or Breakfast Sandwich Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>4 Crunchy Hard- Shell Beef Tacos Or Crunchy Vegetarian Nachos w. Rice & Beans Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>5 NY Style Cheese Pizza Or NY Style Pepperoni Pizza Or NY Style Veggie Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p><i>Daily New Item @ Middleton & McCracken: Fresh Grab n' Go Salads</i></p>
  <p>8 BBQ Chicken w. Brown Rice Or Black Bean Veggie Burger Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>9 Baked Fish Sandwich Or Macaroni & Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>10 MmmBurger w. Cheese Or INDIAN Vegetarian Alu Chole (Potatoes, Garbanzo Beans, & Sauce) over Rice Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>11 Sloppy Joe Or Vegetarian Lasagna Baked Curly Fries! Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>12 Baked Chicken Tenders Or Vegetarian Chili Bowl Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 647 Protein (g): 16 Carbs (g): 40 Total Fat (g): 9</p>
 <p>15 Sweet n' Sour Popcorn Chicken Or Tofu & Veggies Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>16 Pasta w. Meat Sauce Or Cheese Filled Bosco Breadsticks w. Marinara Sauce Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>17 Personal Round Cheese Pizza Or Personal Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>18 All Beef Hot Dog Or Veggie Bowl w. Rice & Beans Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>19 Baked Chicken Nuggets Or Grilled Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 649 Protein (g): 21 Carbs (g): 41 Total Fat (g): 9</p>
 <p>22 Baked Chicken Sandwich Or Vegetarian Sausage Biscuit Sandwich Crispy Hash Brown Triangle Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>23 MmmBurger w. Cheese Or Pasta w. Marinara Sauce Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>24 Brunch for Lunch Pancakes Turkey Sausage Or Breakfast Sandwich Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>25 Popcorn Chicken Mashed Potato Bowl Or Grilled Veggie Quesadilla Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>26 NY Style Cheese Pizza Or NY Style Pepperoni Pizza Or NY Style Sausage Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 640 Protein (g): 21 Carbs (g): 45 Total Fat (g) 9</p>
  <p>29 Meatball Sub Or Vegetarian Chili Bowl Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>30 Soft Shell Taco Tuesday Or Cheese Quesadilla w. Toppings Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>				<p>Questions about Gluten Free?</p> <p>Contact our Food Service Manager- Tommy Berkson</p> <p>Email: tberkson@organiclifeusa.com</p>

Pineapple:



~Pineapple is rich in antioxidants

~High in Vitamin C which helps boost immunity and treats sinus

-Aids in digestion

-Reduces inflammation;

-Helps improve oral and eye health

DELICIOUS & NUTRITIOUS