

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Nutritional Info**

 Baked Chicken Patty Sandwich Or Four Star Mac N Cheese Steamed Veggies Just Picked fresh Fruit Ice Cold Milk Pint	Sloppy Joe Sandwich Or Cheese Lasagna Steamed Veggies Just Picked fresh Fruit Ice Cold Milk Pint	Sweet and Sour Chicken Or Sweet and Sour Tofu w/ Brown Rice Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	All Beef Hot Dog Or Veggie Nachos Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint		<p><u>Available Daily:</u>                  'Grab n' Go Salads                  'Turkey Subs                  'Sun Butter &amp; Jelly                  'Fresh Fruit &amp; Veggie Bar</p>
 Baked Chicken Nuggets Or Grilled Cheese Sandwich Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Taco Tuesday! Hard Shell Beef Tacos Or Three Cheese Quesadillas Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Brunch For Lunch! Whole Grain Waffles W/Turkey Sausage Or Egg and Cheese Sandwich Baked Tater Tots Just Picked Fresh Fruit Ice Cold Milk Pint	Mmm Burger w/Cheese Or Pesto Pasta Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	NY Style Cheese Pizza Or NY Style Veggie Pizza Or Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	<p>Calories: 645                  Protein (g): 15                  Carbs (g): 40                  Total Fat (g): 8</p>
 Baked Fish Sandwich Or Four Star Mac N Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Whole Grain Pasta Alfredo w/Chicken Or Roasted Baked Potato w/Cheese Sauce Steamed Broccoli Just Picked Fresh Fruit Ice Cold Milk Pint	BBQ Chicken w/ Brown Rice Or Veggie Burger Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Pasta w/ Meat Sauce Or Cheese Ravioli Steamed Veggies Just Picked fresh Fruit Ice Cold Milk Pint	NY Style Cheese Pizza Or Pepperoni Pizza Or NY Style Veggie Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	<p>Calories: 650                  Protein (g): 21                  Carbs (g): 40                  Total Fat (g): 10</p>
					
 Brunch For Lunch! Whole Grain Pancakes w/ Turkey Sausage Or Egg and Cheese Sandwich Baked Tater Tots Just Picked fresh Fruit Ice Cold Milk Pint	Taco Tuesday! Soft Shell Turkey Tacos Or Three Cheese Quesadillas w/ Black Beans Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint				



**ORANGE**  
FACT:

One orange provides a range of vitamins and minerals; a staggering 130 percent of your vitamin C needs for the day

