



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Turkey Melt
on Whole Grain Bun

Veggie Beans and Cauliflower
Fresh Fruit and Diced Peaches ~ Milk
Salad of the Week
Chicken Caesar Salad

2
Glazed Cinnamon Sticks w/ Sausage

French Fries and Cucumber Slices
Fresh Fruit and Applesauce
Milk

3
Whole Grain Pasta w/ Meatsauce
w/ Whole Grain Garlic Bread

Romaine Salad and Mixed Vegetables
Fresh Fruit and Diced Pears
Milk

4
Cheese Pizza

Steamed Carrot Coins and Green Beans
Fresh Fruit and Mixed Fruit
Milk

7
Mozzarella Sticks
w/ Dipping Sauce

Romaine Salad and Carrots
Fresh Fruit and Fruit Cup
Milk
Salad of the Week
Chef Salad

8
Whole Grain Chicken Nuggets
w/ Slice of Bread

Mashed Sweet Potatoes and Green Beans
Fresh Fruit and Diced Peaches
Milk

9
Whole Grain French Toast Sticks
w/ Sausage

Tater Tots or Cucumber Slices
Fresh Fruit and Applesauce
Milk

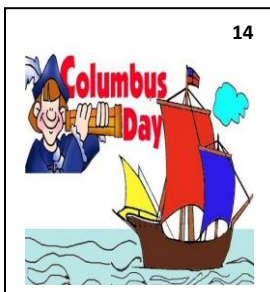
10
Soft Shell Tacos

Veggie Beans and Corn
Fresh Fruit and Diced Pears
Milk

11
NO SCHOOL

STAFF CONFERENCE

Choose 3 to 5 components each day, which may include 1 entree. One of the components must be a fruit or vegetable. LUNCH PRICE \$2.00



15
Spaghetti & Meatsauce
w/ Garlic Bread

Romaine Salad and Zucchini
Fresh Fruit and Diced Peaches
Milk
Salad of the Week
Chicken Nugget Salad

16
Breakfast Bites
(French Toast & Cinnamon Sticks)
w/ Sausage

Broccoli and Cucumber Slices
Fresh Fruit and Applesauce
Milk

17
Turkey & Gravy
w/ Biscuit

Carrot Coins and Mashed Potatoes
Fresh Fruit and Diced Pears
Milk

18
Hamburger on Bun

Corn and Green Beans
Fresh Fruit and Mixed Fruit
Milk

21
Whole Grain Chicken Nuggets
w/ Slice of Bread

Broccoli and Mixed Vegetables
Fresh Fruit and Fruit Cup
Milk
Salad of the Week
Chicken Caesar Salad

22
Taco In a Bag
w/ Whole Grain Rice

Veggie Beans and Corn
Fresh Fruit and Diced Peaches
Milk

23
Pancakes & Syrup
w/ Sausage

Tater Tots and Green Beans
Fresh Fruit and Applesauce
Milk

24
Grilled American Cheese

Tomato Soup and Carrots
Fresh Fruit and Diced Pears
Milk

25
Cheese Pizza

Romaine Salad and Cauliflower
Fresh Fruit and Mixed Fruit
Milk

28
The Big Dipper
(Mozzarella Sticks & Chicken Nuggets)
w/ Dip

Tater Tots and Green Beans
Fresh Fruit and Fruit Cup
Milk
Salad of the Week
Chicken Ranch Salad

29
Spiral Noodles
w/ choice of Plain or Meatsauce
w/ Slice of Bread

Broccoli and Carrot Coins
Fresh Fruit and Diced Peaches
Milk

30
Whole Grain French Toast Sticks
w/ Sausage

Romaine Salad and Baked Oven Fries
Fresh Fruit and Applesauce
Milk

31
Hot Dog on Bun

Veggie Beans and Corn
Fresh Fruit and Diced Pears
Milk

Cold Entrées

Monday
Turkey & Cheese Sub
Tuesday
Bologna & Cheese Sandwich
Wednesday
Yogurt Flatbread Lunch
Thursday
Assorted Super Hero Sub
Friday
Tuna Salad Sandwich

Milk Variety Includes:
1% White, Fat Free Chocolate & Skim

All grains are whole grain rich

Meal Components ~ Protein Grain Fruit Vegetable Milk
Entrees may consist of 1-3 components

Available Daily

Peanut Butter & Jelly Sandwich & Cheese Pizza
Baby Carrots (1/4 c) ~ Fresh Fruits

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