



*Our lunch consists of a serving of Milk, Fruits, vegetables, Grains and meat/ Meat alternatives.

*All students must have serving of fruits or vegetables in their plates.

*All Grains served are Whole Grain Rich, Daily Milk Options: Fat free unflavored, 1% unflavored and fat free flavored milk.

Menu Choices are subjected to change.

This institution is an equal opportunity provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.

Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Main Item: WG Nacho Chips & Cheesy Ground Beef **1**
Second option: Beef Taco & WG Tortilla
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Spicy Salsa, Beans & Shredded Lettuce
 Mixed Green Salad
 Assorted Fresh fruit & Milk

Main Item: Beef Patty & WG Bun **2**
Second option: Chicken Patty & Bun
 Fresh Tomato & Lettuce Slices
 Mixed Green Salad
 Assorted Fresh fruit
 Milk

No School **3**

No School **4**

No School **5**

Main Item: Beef Patty & WG Bun **8**
Second option: Beef Hot Dog & WG Bun
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Fresh Tomato & Lettuce Slices
 Mixed Green Salad
 Assorted Fresh fruit & Milk

Main Item: Baked Chicken Thigh **9**
 Served over Brown Rice
Second option : Ground Beef & Rice
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 White Beans Casserole
 Mixed Green Salad
 Assorted Fresh fruit & Milk

Main Item: WG Mac & Cheese **10**
 Bread Stick
Second Option: Cheesy Garlic Bread
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Baked Potato Stars
 Mixed Green Salad
 Assorted Fresh fruit & Milk

Main Item: Cheese Pizza **11**
Second option : Spicy Chicken Patty & WG Bun
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Mixed Spinach Salad
 Assorted Fresh fruit & Milk

Half Day **12**
Grab & Go Lunch
 Hummus Cup & Pita Chips
 Grilled Cheese Sandwich
 Cherry Tomato & Celery
 Assorted Fresh fruit & Juice
 Milk

Main Item: Twisted Cheesy Bread **15**
 Marinara Sauce
Second option: Chicken Quesadilla
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Steamed vegetables
 Mixed Green Salad
 Assorted Fresh fruit & Milk

Main Item: Beef & Cheese Bun **16**
Second option: Mac & Cheese and WG Bread Stick
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Steamed Corn
 Mixed Green Salad
 Assorted Fresh fruit & Milk

Main Item : WG Pizza Sticks **17**
Second option: Baked Chicken Nuggets
 WG Dinner Roll
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Bean Salad
 Mixed Green Salad
 Assorted Fresh fruit & Milk

Main Item: Cheese Pizza **18**
Second option: Baked Spicy Chicken Tenders
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 WG Dinner Roll
 Mixed Green Salad
 Assorted Fresh fruit & Milk

No School **19**

Main Item: Baked Chicken Patty **22**
 WG Bun
Second option: Turkey and Cheese Sandwich
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Lettuce & Cucumber Slices
 Assorted Fresh fruit & Milk

Main Item: Beef Hot Dog & WG Bun **23**
Second option:: Cheesy Flat Bread
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Steamed Carrot Coins
 Mixed Green Salad
 Assorted Fresh fruit & Milk

Main Item: Cheesy Garlic Flat Bread **24**
Second Option : Baked Beef Patty
 WG Bun
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Baked Potato Wedges
 Mixed Green Salad
 Assorted Fresh fruit & Milk

Main Item: Cheese Pizza **25**
Second option : Chicken Patty & WG Bun
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Mixed Spinach Salad
 Assorted Fresh fruit & Milk

Half Day **26**
Grab & Go Lunch
 Buffalo Chicken Wrap
 Turkey and Cheese Sandwich
 Carrots & Celery
 Assorted Fresh fruit & Juice
 Milk

Main Item: Chicken Taco & WG Tortilla **29**
Second option: Beef Taco & WG Tortilla
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Spicy Salsa & Beans & Shredded Lettuce
 Mixed Green Salad
 Assorted Fresh fruit & Milk

Main Item: Baked Chicken Tenders **30**
 WG Dinner Roll
Second option: Turkey and Cheese Sandwich
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
 Potato Fries
 Assorted Fresh fruit & Milk

