



*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



1
No School

2
No School

3
No School

4
No School

7
Main Item: Beef & Cheese Burrito
Second option: Mac & Cheese & WG Bread Stick
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
Steamed Corn
Mixed Green Salad
Assorted Fresh fruit & Milk

8
Main Item: Twisted Cheesy Bread & 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

9
Main Item: WG Bosco Sticks & Marinara Sauce
Second option: Baked Chicken Nuggets
WG Dinner Roll
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
Baked Potato Wedges
Assorted Fresh fruit & Milk

10
Main Item: Cheese Pizza
Second option: Chicken Patty & WG Bread
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
Mixed Spinach Salad
Assorted Fresh fruit & Milk

11
Half Day
Grab & Go Lunch
Buffalo Chicken Wrap
Turkey and Cheese Sandwich
Carrots
Assorted Fresh fruit & Juice
Milk

14
Main item: Beef Hot Dog WG Bun
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

15
Main Item: WG Bosco Sticks
Second option: Chicken Nuggets & WG Dinner Roll
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
Spicy Salsa & Beans Salad
Mixed Green Salad
Assorted Fresh fruit & Milk

16
Main Item: Cheesy Garlic Flat Bread
Second Option: Baked Chicken 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

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

18
Half Day
Grab & Go Lunch
Hummus Cup & Pita Chips
Grilled Cheese Sandwich
Cherry Tomato & Celery
Assorted Fresh fruit & Juice
Milk

21
No School

22
Main Item: Beef Chili W Bean
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

23
Main Item: Baked Chicken Tenders
WG Dinner Roll
Second option: Turkey and Cheese Sandwich
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
Potato Fries
Mixed Green Salad
Assorted Fresh fruit & Milk

24
Main Item: Cheese Pizza
Second option: Chicken Patty & WG Bread
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
Mixed Spinach Salad
Assorted Fresh fruit & Milk

25
Half Day
Grab & Go Lunch
Buffalo Chicken Wrap
Turkey and Cheese Sandwich
Carrots
Assorted Fresh fruit & Juice
Milk

28
Main Item: Beef Patty & WG Bun
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

29
Main Item: WG Mac & Cheese & 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

30
Main Item: Baked Chicken Thighs & 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

31
Main Item: Cheese Pizza
Second option: Baked Spicy Chicken Tenders
WG Dinner Roll
Available Daily: Baked Beef Patty or Chicken Tenders served with WG Bun
Mixed Green Salad
Assorted Fresh fruit & Milk

