



*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

WG Nacho Chips 1
Cheesy Ground Beef
 Second option:
Beef Taco & WG Tortilla
Spicy Salsa, Beans & Shredded Lettuce
Assorted Fresh fruit
Milk

Beef Patty & WG Bun 2
 Second option:
Chicken Patty & WG Bun
Fresh Tomato & Lettuce Slices
Assorted Fresh fruit
Milk

No School 3

No School 4

No School 5

Beef Patty & WG Bun 8
 Second option:
Beef Hot Dog & WG Bun
Fresh Tomato & Lettuce Slices
Assorted Fresh fruit
Milk

Baked Chicken Thighs 9
Brown Rice
 Second option :
Ground Beef & Rice
White Beans Casserole
Assorted Fresh fruit
Milk

WG Mac & Cheese 10
Bread Stick
 Second Option:
Cheesy Garlic Bread
Baked Potato Stars
Assorted Fresh fruit
Milk

Cheese Pizza 11
 Second option :
Spicy Chicken Patty & WG Bun
Mixed Spinach Salad
Assorted Fresh fruit
Milk

Half Day 12
No Lunch

Twisted Cheesy Bread 15
Marinara Sauce
 Second option:
Chicken Quesadilla
Steamed vegetables
Assorted Fresh fruit
Milk

Beef & Cheese Burrito 16
 Second option:
Mac & Cheese
WG Bread Stick
Steamed Corn
Assorted Fresh fruit
Milk

WG Pizza Sticks 17
 Second option:
Baked Chicken Nuggets
WG Dinner Roll
Bean Salad
Assorted Fresh fruit
Milk

Cheese Pizza 18
 Second option:
Baked Spicy Chicken Tenders
WG Dinner Roll
Mixed Green Salad
Assorted Fresh fruit
Milk

No School 19

Baked Chicken Patty 22
WG Bun
 Second option:
Turkey and Cheese Sandwich
Lettuce & Cucumber Slices
Assorted Fresh fruit
Milk

Beef Hot Dog 23
WG Bun
 Second option::
Cheesy Flat Bread
Steamed Carrot Coins
Assorted Fresh fruit
Milk

Cheesy Garlic Flat Bread 24
 Second Option :
Baked Beef Patty
WG Bun
Baked Potato Wedges
Assorted Fresh fruit
Milk

Cheese Pizza 25
 Second option :
Chicken Patty & WG Bun
Mixed Spinach Salad
Assorted Fresh fruit
Milk

WG Bosco Sticks 26
 Second option:
Chicken Nuggets & WG Dinner Roll
Spicy Salsa & Beans Salad
Assorted Fresh fruit
Milk

Chicken Taco & WG Torti 29
 Second option:
Beef Taco & WG Tortilla
Spicy Salsa & Beans & Shredded Lettuce
Assorted Fresh fruit & Milk

Baked Chicken Tenders
WG Dinner Roll
 Second option:
Turkey and Cheese Sandwich
Potato Fries
Assorted Fresh fruit
Milk

