

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Mini Pancakes with Syrup* and Sausage Steamed Carrots, Fresh Broccoli, Pears	2 Cheese Quesadilla* Black Beans, Romaine Lettuce, Peaches	3 Personal Pizza* Sweet Yellow Corn, Celery, Applesauce, 100% Apple Juice
6 School Closed	7 Egg and Cheese Bagel* with or without Sausage Grape Tomatoes, Romaine Lettuce, Apple Slices	8 Pizza Sticks with Marinara* Fresh Broccoli, Baby Carrots, Pears	9 Chicken Tenders with a Fresh Baked Roll Romaine Lettuce, Cucumbers, Peaches	10 Cheese Pizza* Green Beans, Celery, Applesauce, 100% Apple Juice
13 Corn Dog Steamed Broccoli, Cucumbers, Banana, 100% Apple Juice	14 Chicken and Waffle Sandwich with Syrup Grape Tomatoes, Baby Carrots, Mixed Fruit	15 Mozzarella Stuffed Breadsticks with Marinara* Fresh Broccoli, Romaine Lettuce, Pears	16 Turkey and Cheese Hoagie Cucumbers, Baby Carrots, Peaches	17 Personal Pizza* Sweet Golden Corn, Celery, Applesauce, 100% Apple Juice
20 Chicken Nuggets Fresh Baked Roll Green Peas, Cucumbers, Raisins, 100% Apple Juice	21 French Toast Sticks with Syrup* and Sausage Smile Fries, Grape Tomatoes, Mixed Fruit	22 Ham and Cheese Melt on a Pretzel Bun Baked Beans, Fresh Broccoli, Pears	23 Cheeseburger on a Bun Romaine Lettuce, Baby Carrots, Peaches	24 Personal Pizza* Green Beans, Celery, Applesauce, 100% Apple Juice
27 Toasted Cheddar Flatbread Melt* Green Peas, Cucumbers, Mixed Fruit, 100% Apple Juice	28 Chicken Drumstick Fresh Baked Roll Grape Tomatoes, Baby Carrots, Apple Slices	29 Bacon Cheeseburger Baked Beans, Romaine Lettuce, Pears	30 Chicken Patty Sandwich Green Pepper Strips, Baby Carrots, Peaches	

Available Daily

Milk: Skim Chocolate, 1% White

Sides: Fresh Apple, Fresh Orange

* = Lacto-Ovo Vegetarian, may contain milk and eggs

Five food groups are offered at lunch: protein, grain, vegetable, fruit and milk. To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4oz fruit juice.

