

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Macaroni and Cheese with Popcorn Chicken
 - Mix Vegetable
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Tuna Sandwich
 - Yogurt Plate
 - Salad Bar

2

- Beef Taco
 - Shredded Cheese, Lettuce, Tomato & Salsa
 - Mexican Rice
 - Steamed Corn
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Chocolate Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Turkey & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

3

- Grilled Cheese with Soup
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Ham & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

4

- BBQ Rib Sandwich
 - Sweet Potato Oven Fries
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Chocolate Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Turkey & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

5

- Bosco Sticks with Marinara Sauce
 - Romaine Salad
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Vegetable Sandwich
 - Yogurt Plate
 - Salad Bar

8

- No School
- Alternate Meal**
- Specialty Sandwich**
- Tuna Sandwich
 - Yogurt Plate
 - Salad Bar

9

- Nacho Grande with Beef
 - Cheese Lettuce Tomato
 - Refried Beans
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Chocolate Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Turkey & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

10

- Hot Dog on Whole Wheat Roll
 - Baked Beans
 - Garden Salad
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Ham & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

11

- Chicken Teriyaki Bowl
 - Brown Rice
 - Mixed Vegetable
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Chocolate Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Turkey & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

12

- Wild Mike's Cheese or Peperoni Pizza
 - Spinach Salad
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Vegetable Sandwich
 - Yogurt Plate
 - Salad Bar

15

- Swedish Meatballs w/ gravy
 - Egg Noodles
 - Steamed Peas
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Tuna Sandwich
 - Yogurt Plate
 - Salad Bar

16

- Beef Taco
 - Lettuce & Tomato
 - Shredded Cheese
 - Salsa (2tbsp)
 - Steamed Corn
 - Steamed Rice w/ Black Beans
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Chocolate Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Turkey & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

17

- Early Dissimial
 - Ham & Cheese or SunButter & Jelly
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Ham & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

18

- Macaroni & Cheese
 - Mixed Vegetables
 - Dinner Roll
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Chocolate Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Turkey & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

19

- Bosco Sticks with Marinara Sauce
 - Romaine Salad
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Vegetable Sandwich
 - Yogurt Plate
 - Salad Bar

22

- Chicken Patty on a Whole Wheat Roll
 - Potato Wedges
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Tuna Sandwich
 - Yogurt Plate
 - Salad Bar

23

- Nacho Grande with Beef
 - Cheese Lettuce Tomato
 - Refried Beans
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Chocolate Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Turkey & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

24

- Early Dismissal
 - Ham & Cheese or Sunbutter & Jelly Sandwich
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Ham & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

25

- Early Dismissal
 - Turkey & Cheese or Sunbutter & Jelly Sandwich
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Chocolate Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Turkey & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

26

- Bosco Sticks with Marinara Sauce
 - Spinach Salad
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Vegetable Sandwich
 - Yogurt Plate
 - Salad Bar

29

- Mini Turkey Corn Dogs
 - Baked Beans
 - Oven Fries
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Tuna Sandwich
 - Yogurt Plate
 - Salad Bar

30

- French Toast with Syrup
 - Sausage links
 - Hash Browns
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Chocolate Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Turkey & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar

31

- Chicken & Cheese Quesadilla on 2 WW Wrap
 - Peppers & Onions
 - Assorted Veggie Cups
 - Assorted Fruit Cups
 - 1% Low Fat Milk
 - Fat Free Unflavored Milk
- Alternate Meal**
- Specialty Sandwich**
- Ham & Cheese Sandwich
 - Yogurt Plate
 - Salad Bar