

Breakfast	8:30 – 9:00	Lunch	
	Reduced	Paid	Reduced
Student	FREE	FREE	FREE
Adults		\$2.40	\$3.80

MENU SUBJECT TO CHANGE



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.



Arab American Month
Autism Awareness Month

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Patty on a Roll **3**
V: Veggie Patties on a Roll
 Green Beans
 Mixed Fruit
 Asst. Milk
 French Fries

OPENING DAY **4**
 Nathan Hot Dog on a Roll
V: White Bean Chili
 Apple Sauce
 Asst. Milk
 TCBY

Toasted Cheese **5**
 Toasted Cheese w/ Tomato
 Tomato Soup & Carrots Sticks
 Pears
 Asst. Milk
 Hash Brown

Loaded Nachos w/Chili **6**
V: Cheese Nachos
 Corn
 Pears
 Asst. Milk

Cheese Pizza **7**
 Caesar Salad
 Fresh Fruit Salad
 Asst. Milk

Cheeseburger **10**
V: Veggie Burger
 Corn
 Apple Sauce
 French Fries
 Asst. Milk

Oven Roasted Chicken **11**
V: Baked Fish
 Baked Beans
 Mixed Fruit
 Asst. Milk
 Tater Tot's

Tacos **12**
V: Fish Tacos
 Salsa
 Peaches
 Asst. Milk

French Toast Sticks **13**
 w/Turkey Sausage
V: Falafel Patties
 Broccoli
 Apple Sauce
 Asst. Milk

NO **14**
SCHOOL

NO **17**
SCHOOL

NO **18**
SCHOOL

NO **19**
SCHOOL

NO **20**
SCHOOL

NO **21**
SCHOOL

Chicken Tenders w/ Rice **24**
V: Fish Nuggets w/ Rice
 Vegetarian Beans
 Mixed Fruit
 Asst. Milk
 French Fries

Turkey Club Wrap **25**
V: Veggie Wrap
 Broccoli
 Pears
 Asst. Milk
 Hash Brown

Arab American **26**
 Macaroni & Cheese
 Jajeek (Yogurt Salad)
 Peaches
 Asst. Milk
 Rice Pudding

Loaded Nachos w/Chili **27**
V: Cheese Nachos
 Corn
 Pears
 Asst. Milk

Mozzarella Cheese Sticks **28**
 w/ Sauce
 Baked Cookie
 Tomato Salad
 Fresh Cantaloupe
 Asst. Milk



Offered Daily
 Asst. Sandwiches
 Asst. Salads
 Asst. Fresh Fruit
 Asst. 100% Fruit Juice
 Daily Plates of Veg. Crunchers

