

Breakfast 7:30 – 8:00		Lunch		
	Reduced	Paid	Reduced	Paid
Student	.25	\$1.80	.25	\$2.35
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.



Monday

NO SCHOOL

2

Tuesday

Cheeseburger
V: Veggie Burger
 Mixed Vegetables
 Apple Sauce
 French Fries
 Asst. Milk

3

Wednesday

Oven Roasted Chicken
V: Baked Fish
 Baked Beans
 Mixed Fruit
 Asst. Milk

4

Thursday

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

5

Friday

Mozzarella Cheese Sticks w/ Sauce
 Garlic bread
 Caesar Salad
 Fresh Cantaloupe
 Asst. Milk

6

Chicken Patty on a Roll
V: Falafel Patties on a Roll
 Broccoli w/Cheese
 Mixed Fruit
 Asst. Milk
 French Fries

9

Tacos
V: Fish Tacos
 Tomato Salsa
 Peaches
 Asst. Milk

10

Chicken Jambalaya w/Rice
V: Cheese Quesadilla
 Corn
 Apple Sauce
 Asst. Milk

11

Sloppy Joe on a Roll
V: Vegetarian Beans
 Pears
 Asst. Milk
 Hash Brown

12

Pepperoni Pizza
V: Cheese Pizza
 Green Beans
 Fresh Honeydew
 Asst. Milk

13

NO SCHOOL

16

Hot Dog on a Roll
V: Baked Beans
 Peaches
 Asst. Milk
 French Fries

17

Lasagna
V: Vegetable Lasagna
 Corn
 Apple sauce
 Asst. Milk

18

Ham & Cheese Croissant
V: Cheese Croissant
 Tomato Soup & Carrots Sticks
 Pears
 Asst. Milk
 Hash Brown

19

Pepperoni & Cheese Bread w/ Sauce
V: Cheese Bread w/ Sauce
 Toss Salad
 Fresh Honeydew
 Asst. Milk

20

Chicken Nuggets w/ Rice
V: Fish Nuggets w/ Rice
 Vegetarian Beans
 Mixed Fruit
 Asst. Milk

23

COOKING CLASS WINNER
Shredded Chicken & Rice Bowl
V: Baked Fish
 Carrots
 Mixed Fruit
 Asst. Milk

24

Spaghetti w/ Meat Sauce
V: Spaghetti w/Alfredo Sauce
 Broccoli
 Peaches
 Asst. Milk

25

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

26

Mozzarella Cheese Sticks w/ Sauce
 Dinner Roll
 Toss Salad
 Fresh Cantaloupe
 Asst. Milk

27

Chicken Parm Sandwich
V: Falafel Parm Sandwich
 Broccoli w/Cheese
 Mixed Fruit
 Asst. Milk
 French Fries

30

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

31

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

