

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

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

Tuesday



Wednesday

COOKING CLASS WINNER 1
Shredded Chicken & Rice Bowl
V: Baked Fish
Black Bean Salsa
Mixed Fruit
Asst. Milk

Thursday

Steak Umm on a Roll 2
V: Veggie Wrap
Carrots
Apple Sauce
Asst. Milk
Potato Rounds

Friday

Mozzarella Cheese Sticks w/ Sauce 3
Garlic bread
Toss Salad
Fresh Cantaloupe
Asst. Milk

Chicken Patty on a Roll 6
V: Falafel Patties on a Roll
Baked Beans
Mixed Fruit
Asst. Milk
French Fries

Tacos 7
V: Fish Tacos
Salsa
Peaches
Asst. Milk

Macaroni & Cheese 8
Broccoli
Peaches
Asst. milk

Sloppy Joe on a Roll 9
V: Fish on a Roll
Corn
Pears
Asst. Milk
Hash Brown

Pepperoni Pizza 10
V: Cheese Pizza
Green Beans
Fresh Honeydew
Asst. Milk

Cheeseburger 13
V: Veggie Burger
Vegetarian Beans
Apple Sauce
French Fries
Asst. Milk

Ham & Cheese Croissant 14
V: Cheese Croissant
Tomato Soup & Carrots Sticks
Pears
Asst. Milk
Hash Brown

Buffalo Chicken Wraps 15
V: Cheese Quesadilla
Broccoli
Apple Sauce
Asst. Milk

French Toast Sticks w/Turkey Sausage 16
V: Falafel Patties
Corn
Apple Sauce
Asst. Milk

Mozzarella Cheese Sticks w/ Sauce 17
Baked Cookie
Toss Salad
Fresh Cantaloupe
Asst. Milk

NO SCHOOL 20

NO SCHOOL 21

NO SCHOOL 22

NO SCHOOL 23

NO SCHOOL 24

Chicken Nuggets w/ Rice 27
V: Fish Nuggets w/ Rice
Vegetarian Beans
Mixed Fruit
Asst. Milk

Loaded Nachos w/Chili 28
V: Cheese Nachos
Corn
Pears
Asst. Milk

