

Breakfast	7:30 – 8:00		Lunch	
Student	Reduced	Paid	Reduced	Paid
Adults	FREE	FREE	FREE	FREE
		\$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.



**BULLYING PREVENTION MONTH**

### Monday

Chicken Nuggets w/ Fried Rice  
**V: Fish Nuggets w/ Fried Rice**  
 Green Beans  
 Mixed Fruit, Asst. Milk

2

### Tuesday

Ham & Cheese Croissant  
**V: Cheese Croissant**  
 Tomato Soup & Carrots Sticks  
 Pears  
 Asst. Milk  
 Pierogies

3

### Wednesday

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

4

### Thursday

Jerk Chicken w/ Rice & Beans  
**V: Baked Fish**  
 Corn  
 Apple Sauce  
 Asst. Milk

5

### Friday

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

6

**NO SCHOOL**

9

Cheeseburger  
**V: Veggie Burger**  
 Baked Beans  
 Fresh Fruit Salad  
 French Fries  
 Asst. Milk

10

BBQ Chicken Quesadilla  
**V: Cheese Quesadilla**  
 Broccoli  
 Mixed Fruit  
 Asst. Milk  
 Hash Brown

11

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

12

Italian Mix Sub  
**V: Caprese Wrap**  
 Italian Roasted Vegetables  
 Orange Wedges  
 Asst. Milk

13

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

16

Turkey Club Wrap  
**V: Roasted Veg. Wrap**  
 Vegetarian Beans  
 Pears  
 Asst. Milk  
 Potato Rounds

17

Lasagna  
**V: Vegetable Lasagna**  
 Corn  
 Apple sauce  
 Asst. Milk

18

Loaded Nachos w/Chili  
**V: Cheese Nachos**  
 Salsa  
 Peaches  
 Asst. Milk

19

BBQ Chicken Pizza  
**V: Cheese Pizza**  
 Caesar Salad  
 Fresh Fruit Salad  
 Asst. Milk

20

Frankfurter on a Roll  
**V: Fish Patty**  
 Corn  
 Pears  
 Asst. Milk  
 Potato Pancakes

23

Tacos  
**V: Fish Tacos**  
 Black Bean Salsa  
 Peaches  
 Asst. Milk

24

**½ DAY NO LUNCH**

25

Macaroni & Cheese  
 Green Beans  
 Peaches  
 Asst. Milk

26

Pepperoni Pizza  
**V: Cheese Pizza**  
 Caesar Salad  
 Fresh Honeydew  
 Asst. Milk

27

Steak Umm on a Roll  
**V: Veggie Burger**  
 Corn  
 Apple Sauce, Asst. Milk  
 French Fries

30

Buffalo Chicken Wraps  
**V: Cheese Quesadilla**  
 Mixed Vegetables  
 Mixed Fruit  
 Asst. Milk  
 Hash Brown

31

Offered Daily  
 Asst. Sandwiches  
 Salad Bar  
 Asst. Fresh Fruit  
 Asst. 100% Fruit Juice

