



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Weekly Cold Entrée Offering
Monday – Turkey & Cheese Sandwich
Tuesday – Ham & Cheese Sandwich
Wednesday – Yogurt Lunch
Thursday – Super Hero Sub
Friday – Tuna Salad Wrap

1

2
Hot Dog on a Bun
 Baked Tater Tots or Cucumber Coins
 Fresh Fruit or Applesauce
Salad of the Week
Chef Salad

3
Nachos Grande
 w/ Turkey Taco Meat & Cheese
 Vegetarian Beans or Grape Tomatoes
 Fresh Fruit or Diced Pears
 Milk

4
Baked Cheese Pizza
 Steamed Carrots or Brussel Sprouts
 Fresh Fruit or Mixed Fruit
 Milk

7
Baked Chicken Nuggets
 w/ Seasoned Noodles
 Sweet Peas or Cauliflower
 Fresh Fruit or Fruit Cup
 Milk
Salad of the Week
Chef Salad

8
Chicken & Cheese Burrito
 Steamed Broccoli or Baked Beans
 Fresh Fruit or Diced Peaches, Milk

9
French Toast Sticks & Warm Syrup
 w/ Turkey Sausage Patties
 Carrots or Oven Fries
 Fresh Fruit or Applesauce
 Milk

10
Baked Chicken Dinner
 w/ Whole Grain Biscuit
 Mashed Potatoes & Corn
 Fresh Fruit or Diced Pears
 Milk

11
National Milk Day
Baked Cheese Pizza
 Romaine Side Salad or Green Beans
Sugar Cookie & Milk
 Fresh Fruit or Mixed Fruit
 Milk

Choose 3 to 5 components each day, which may include 1 entree. One of the components must be a fruit or vegetable.

14
Mini Dipper
 (Corn Dogs & Pretzels)
 Oven Fries or Celery Sticks
 Fresh Fruit or Fruit Cup
 Milk
Salad of the Week
Julienne Salad

15
Spaghetti & Meatsauce
 w/ 1Garlic Bread
 Romaine Side Salad or Mixed Vegetables
 Fresh Fruit or Diced Peaches
 Milk

16
Cheeseburger
 Tater Tots or Cucumber Slices
 Fresh Fruit or Applesauce
 Milk

17
Taco in a Bag
 w/ Seasoned Rice
 Vegetarian Beans or Golden Corn
 Fresh Fruit or Diced Pears
 Milk

18
Baked Cheese Pizza
 Steamed Carrot Coins or Brussel Sprouts
 Fresh Fruit or Mixed Fruit
 Milk

21

22
Chicken Patty Sandwich
 w/ Dipping Sauce
 Romaine Side Salad or Steamed Carrots
 Fresh Fruit or Peaches
Salad of the Week
Chicken Nugget Salad

23
Cinnamon Sticks
 w/ Turkey Sausage Patties
 Tater Tots or Celery Sticks
 Fresh Fruit or Applesauce
 Milk

24
Soft Shell Tacos
 w/ Toppings
 Vegetarian Beans or Golden Corn
 Fresh Fruit or Diced Pears
 Milk

25
Baked Cheese Pizza
 Butternut Squash or Green Beans
 Fresh Fruit or Mixed Fruit
 Milk

28
Meatball Sub
 Broccoli or Celery Sticks
 Fresh Fruit or Fruit Cup
 Milk
Salad of the Week
Lift Off Spinach Salad

29
Popcorn Chicken Bowl
 w/ Mashed Potatoes
 Golden Corn or Green Beans
 Fresh Fruit or Diced Peaches
 Milk

30
French Toast Sticks & Warm Syrup
 w/ Turkey Sausage Patties
 Baked Oven Fries or Side Romaine Salad
 Fresh Fruit or Applesauce
 Milk

31
Toasted Cheese Sandwich
 Tomato Soup & Carrots
 Fresh Fruit or Diced Pears
 Milk

Milk Variety Includes:

1% White, Fat Free Chocolate & Skim

All grains are whole grain rich

Meal Components ~ Protein Grain Fruit Vegetable Milk
 Entrees may consist of 1-3 components

Available Daily

Peanut Butter & Jelly Sandwich
 Baby Carrots (1/4 c) ~ Fresh Fruits

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