



*Our lunch consists of a serving of Milk, Fruits, vegetables, Grains and meat/ Meat alternatives.

*All students must have serving of fruits or vegetables in their plates.

*All Grains served are Whole Grain Rich, Daily Milk Options: Fat free unflavored, 1% unflavored and fat free flavored milk.

Menu Choices are subjected to change.

This institution is an equal opportunity provider.



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

Tuesday

Wednesday

Thursday

Friday



No School 1

No School 2

No School 3

No School 4

Beef & Cheese Burrito
 Second option: 7
 Mac & Cheese
 WG Bread Stick
 Steamed Corn
 Assorted Fresh fruit
 Milk

Twisted Cheesy Bread
 Marinara Sauce 8
 Second option:
 Chicken Quesadilla
 Steamed vegetables
 Assorted Fresh fruit
 Milk

WG Bosco Sticks
 Second option: 9
 Baked Chicken Nuggets
 WG Dinner Roll
 Baked Potato Wedges
 Assorted Fresh fruit
 Milk

Cheese Pizza
 Second option: 10
 Chicken Patty & WG Bun
 Mixed Spinach Salad
 Assorted Fresh fruit
 Milk

WG Nacho Chips
 Cheesy Ground Beef 11
 Second option:
 Beef Taco & WG Tortilla
 Spicy Salsa & Beans & Shredded
 Lettuce
 Assorted Fresh fruit
 Milk

Beef Hot Dog
 WG Bun 14
 Second option: :
 Cheesy Flat Bread
 Steamed Carrot Coins
 Assorted Fresh fruit
 Milk

WG Bosco Sticks
 Second option: 15
 Chicken Nuggets & WG Dinner Roll
 Spicy Salsa & Beans Salad
 Assorted Fresh fruit
 Milk

Cheesy Garlic Flat Bread
 Second Option: 16
 Baked Chicken Patty
 WG Bun
 Baked Potato Wedges
 Assorted Fresh fruit
 Milk

Cheese Pizza
 Second option: 17
 Baked Spicy Chicken Tenders
 WG Dinner Roll
 Mixed Green Salad
 Assorted Fresh fruit
 Milk

Half Day 18
 No Lunch

No School 21

Beef Chili W Beans
 WG Dinner Roll 22
 Second option:
 Beef Taco & WG Tortilla
 Spicy Salsa & Beans & Shredded
 Lettuce
 Assorted Fresh fruit & Milk

Baked Chicken Tenders
 WG Dinner Roll 23
 Second option:
 Turkey and Cheese Sandwich
 Potato Fries
 Assorted Fresh fruit
 Milk

Cheese Pizza
 Second option: 24
 Chicken Patty & WG Bun
 Mixed Spinach Salad
 Assorted Fresh fruit
 Milk

Baked Chicken Strips
 WG Dinner Roll 25
 Second option:
 Cheesy Flat Bread
 Steamed Carrot Coins
 Assorted Fresh fruit & Milk

Beef Patty & WG Bun
 Second option: 28
 Beef Hot Dog & WG Bun
 Fresh Tomato & Lettuce Slices
 Assorted Fresh fruit
 Milk

WG Mac & Cheese
 Bread Stick 29
 Second Option:
 Cheesy Garlic Bread
 Baked Potato Stars
 Assorted Fresh fruit
 Milk

Baked Chicken Thighs
 Brown Rice 30
 Second option :
 Ground Beef & Rice
 White Beans Casserole
 Assorted Fresh fruit
 Milk

Cheese Pizza
 Second option: 31
 Baked Spicy Chicken Tenders
 WG Dinner Roll
 Mixed Green Salad
 Assorted Fresh fruit
 Milk

