



**A complete lunch MUST consist of at least 3 separate items offered that day, from at least 3 of the 5 food components. One of which MUST be fruit or veggie.**

**\*\* Other A La Carte items offered daily \*\***



**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.

**\*\* USDA is an equal opportunity employer & provider \*\***

**\*\* Manager Reserves the right to substitute due to food availability \*\***



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Chzy Breadsticks w/Marinara **7**  
Or  
Grilled Cheese  
Side Salad  
Green Beans  
Sweet Buttered Corn  
Mixed Fruit

Chicken Drumstick w/Roll **8**  
Or  
Sloppy Joe on Bun  
Steamed Broccoli w/chz  
Baked Beans  
Veggie Tray  
Apple Wedges

Meatball Marinara Bowl **9**  
Or  
Cheese Quesadilla  
Pinto Beans  
Stir Fry Italian Veggies  
Buttered Squash  
Grapes

BBQ Baked Potato **10**  
Or  
Beef & Broccoli Stir Fry  
Roll  
Side Salad  
Roasted Bell Peppers  
Pineapple

Chicken & Waffles **11**  
Or  
Pancake & Sausage Stick  
Tator Tots  
Tomato Wedges  
Yogurt  
Fresh Melon

Salisbury Steak w/Gravy **14**  
Or  
Country Fried Pork Chop  
Cornbread  
Pinto Beans  
California Veggies  
Rosy Pears

Pepperoni Pizza **15**  
Or  
Chicken Alfredo  
Potato Wedges  
Side Salad  
Veggie Tray  
SideKick Fruit Slush

Spaghetti **16**  
Or  
Mini Corn Dogs  
Garlic Bread  
Baked Potato w/trimmings  
Peas & Carrots  
Banana

Popcorn Chicken Bowl w/Roll **17**  
Or  
Hot Dog on Bun  
Green Beans  
Tomato Wedges  
Mixed Fruit

Hamburger **18**  
Or  
Bean Burrito  
Lettuce & Tomato Tray  
Corn Cob  
Sliced Cucumbers  
Orange Wedges

Meatloaf **21**  
Or  
Chicken Breast  
Roll  
Mac & Cheese  
Steamed Broccoli  
Buttered Corn  
Strawberries

Chicken Fingers **22**  
Or  
Beef Fingers  
Roll  
Mashed Potatoes  
Glazed Carrots  
Baked Beans  
Rainbow Applesauce

Frito Taco Salad **23**  
Or  
Chicken Soft Taco  
Spanish Rice  
Mexican corn  
Spicy Pintos  
SideKick Fruit Slush

Stuffed Crust Chz Pizza **24**  
Or  
Rotini w/ Chz Breadstick  
Side Salad  
Corn Cob  
Tater Tots  
Orange Wedges

Pork BBQ Sandwich **25**  
Or  
Cheeseburger  
Coleslaw  
Crinkle French Fries  
Sliced Cucumbers  
Banana

Chzy Breadsticks w/Marinara **28**  
Or  
Grilled Cheese  
Side Salad  
Green Beans  
Sweet Buttered Corn  
Mixed Fruit

Chicken Drumstick w/Roll **29**  
Or  
Sloppy Joe on Bun  
Steamed Broccoli w/chz  
Baked Beans  
Veggie Tray  
Apple Wedges

Meatball Marinara Bowl **30**  
Or  
Cheese Quesadilla  
Pinto Beans  
Stir Fry Italian Veggies  
Buttered Squash  
Grapes

BBQ Baked Potato **31**  
Or  
Beef & Broccoli Stir Fry  
Roll  
Side Salad  
Roasted Bell Peppers  
Pineapple

