



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.



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

Chicken Drumsticks
Or
Beef Teriyaki Bites
Roll
Mashed Potatoes
Green Peas
Mixed Fruit **2**

Pizza Hut Pizza
Or
Burrito
Buttered Corn
Tater Wedges
Peach Cups **3**

Meatloaf
Or
Pork Chop Patty
Cornbread
Pinto Beans
Green Beans
Mixed Berries **4**

Chicken Sliders w/Bun
Or
Philly Sub
ColeSlaw
Baked Beans
Diced Peaches **5**

Cheeseburger
Or
Popcorn Chicken
French Fries
Lettuce & Tomato Tray
Baby Carrots
SideKick Fruit Slush **6**

Chicken Fajita
Or
Burrito
Lettuce
Salsa, Sour Cream
Mexican Corn
Diced Peaches **9**

Hot Dog
Or
Grilled Cheese
Tater Wedges
Buttered Corn
Pineapple **10**

Cheesy Meatloaf
Or
BBQ Chicken
Cornbread
Green Beans
Pinto Beans
Pears **11**

Popcorn Chicken
Or
Meatballs
Mac & Cheese
Carrots
Coleslaw
Berries **12**

Spaghetti
Or
Cheese Quesadilla
Garlic Cheese Toast
Side Salad
Applesauce Cups **13**

Chicken Sliders w/bun
Or
Mini Corn Dogs
Green Beans
Side Salad
Mixed Fruit **16**

BBQ w/roll
Or
Chicken Fajita
Baked Potato
Veggie Tray
Fruit Slushie **17**

Salisbury Steak w/gravy
Or
Pork Chop Patty
Cornbread
Pinto Beans
Steamed Broccoli w/Cheese
Diced Peaches **18**

Chicken Strips
Or
Beef Fingers
Roll
Buttered Corn
Green Beans
Pineapple **19**

Eggs, Beef Steak Patty
Biscuit
Tomato Wedges
Tater Tots
Applesauce cups **20**

Chicken Drumsticks
Or
Beef Teriyaki Bites
Roll
Mashed Potatoes
Green Peas
Mixed Fruit **23**

Philly CheeseSteak
Or
Burrito
Buttered Corn
Tater Wedges
Peach Cups **24**

Meatloaf
Or
Pork Chop Patty
Cornbread
Pinto Beans
Green Beans
Mixed Berries **25**

Chicken Sliders w/Bun
Or
Rotini
ColeSlaw
Baked Beans
Diced Peaches **26**

Cheeseburger
Or
Popcorn Chicken
French Fries
Lettuce & Tomato Tray
Baby Carrots
SideKick Fruit Slush **27**

Chicken Fajita
Or
Burrito
Lettuce
Salsa, Sour Cream
Mexican Corn
Diced Peaches **30**

