



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.
**** Cold Sandwich/Wrap or Salad offered**



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

Meatloaf
 Or
 Chicken Breast Roll
 Mac & Cheese
 Steamed Broccoli
 Buttered Corn
 Strawberries **2**

Chicken Chunks
 Or
 Mini Corn Dogs Roll
 Mashed Potatoes
 Glazed Carrots
 Baked Beans
 Rainbow Applesauce **3**

Frito Taco
 Or
 Chicken Soft Taco Salad
 Mexican Corn
 Spicy Pintos
 SideKick Fruit Slush **4**

Stuffed Crust Chz Pizza
 Or
 Rotini w/Cheesy Breadstick
 Side Salad
 Corn Cob
 Tator Tots
 Orange Wedges **5**

BBQ Pork Sandwich
 Or
 Cheeseburger
 Sliced Cucumbers
 French Fries
 Coleslaw
 Banana **6**

Fall Break **9**

Fall Break **10**

Fall Break **11**

Fall Break **12**

Fall Break **13**

Pizza Crunchers w/Marinara
 Or
 Grilles Cheese
 Side Salad
 Green Beans
 Sweet Buttered Corn
 Mixed Fruit **16**

Chicken Drumstick w/roll
 Or
 Beef Fingers
 Steamed Broccoli w/ chz
 Baked Beans
 Veggie Tray
 Apple Wedges **17**

Philly Cheese Steak Sub
 Or
 Cheese Quesadilla
 Pinto Beans
 Stir Fry Italian Veggies
 Buttered Squash
 Grapes **18**

BBQ Baked Potato
 Or
 Teriyaki Bites
 Roll
 Side Salad
 Roasted Bell Peppers
 Pineapple **19**

Hamburger
 Or
 Chicken Strips
 Lettuce & Tomato Tray
 Tator Tots
 Grape Packs
 Fresh Melon **20**

Salisbury Steak w/Gravy
 Or
 Country Fried Pork Chop
 Cornbread
 Pinto Beans
 California Veggies
 Rosy Pears **23**

Pepperoni Pizza
 Or
 Chicken Sliders
 Potato Wedges
 Side Salad
 Veggie Tray
 SideKick Fruit Slush **24**

Spaghetti w/Garlic Bread
 Or
 Grilled Cheese
 Scalloped Potatoes
 Peas & Carrots
 Apple/Grape packs **25**

Hot Dog on Bun
 Or
 Hot Ham & Cheese
 Green Beans
 Curly Seasoned Fries
 Tomato Wedges
 Mixed Fruit **26**

Popcorn Chicken
 Or
 Bean Burrito
 Tomato Wedges
 Sliced Cucumbers
 Corn Cob
 Orange Wedges **27**

Meatloaf
 Or
 Chicken Breast Roll
 Mac & Cheese
 Steamed Broccoli
 Buttered Corn
 Strawberries **30**

Chicken Chunks
 Or
 Mini Corn Dogs Roll
 Mashed Potatoes
 Glazed Carrots
 Baked Beans
 Rainbow Applesauce **31**

