



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
 Ham & Cheese Sandwich Roll
 Mashed Potatoes
 Green Peas
 Mixed Fruit **2**

Pizza
 Or
 Chicken Salad Sandwich
 Buttered Corn
 Tater Wedges
 Peach Cups **3**

Meatloaf
 Or
 Turkey & Cheese Sub
 Cornbread
 Pinto Beans
 Green Beans
 Mixed Berries **4**

Chicken Sliders w/Bun
 Or
 Grilled Cheese
 ColeSlaw
 Baked Beans
 Diced Peaches **5**

Cheeseburger
 Or
 Turkey & Cheese Sub
 French Fries
 Lettuce & Tomato Tray
 Baby Carrots
 SideKick Fruit Slush **6**

Chicken Strips
 Or
 Ham & Cheese Sandwich Roll
 Buttered Corn
 Green Beans
 Pineapple **9**

Salisbury Steak w/gravy
 Or
 Chicken Salad Sandwich
 Cornbread
 Pinto Beans
 Steamed Broccoli w/Cheese
 Diced Peaches **10**

BBQ w/roll
 Or
 Turkey & Cheese Sub
 Baked Potato
 Veggie Tray
 Fruit Slushie **11**

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

Spaghetti
 Or
 Turkey & Cheese Sub
 Garlic Cheese Toast
 Side Salad
 Applesauce Cups **13**

Chicken Fajita
 Or
 Ham & Cheese Sandwich
 Lettuce
 Salsa, Sour Cream
 Mexican Corn
 Diced Peaches **16**

Cheesy Meatloaf w/cornbread
 Or
 Chicken Salad Sandwich
 Green Beans
 Pinto Beans
 Pears **17**

Pizza
 Or
 Turkey & Cheese Sub
 Tater Wedges
 Buttered Corn
 Pineapple **18**

Philly Cheesesteak
 Or
 Grilled Cheese
 Baked Beans
 Veggie Tray
 Applesauce Cups **19**

Eggs & Breakfast Steak w/Biscuit
 Or
 Turkey & Cheese Sub
 Tator Tots
 Sliced Tomato
 Mixed Fruit **20**

Chicken Drumsticks
 Or
 Ham & Cheese Sandwich Roll
 Mashed Potatoes
 Green Peas
 Mixed Fruit **23**

Pizza
 Or
 Chicken Salad Sandwich
 Buttered Corn
 Tater Wedges
 Peach Cups **24**

Meatloaf
 Or
 Turkey & Cheese Sub
 Cornbread
 Pinto Beans
 Green Beans
 Mixed Berries **25**

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

Cheeseburger
 Or
 Turkey & Cheese Sub
 French Fries
 Lettuce & Tomato Tray
 Baby Carrots
 SideKick Fruit Slush **27**

Chicken Strips
 Or
 Ham & Cheese Sandwich Roll
 Buttered Corn
 Green Beans
 Pineapple **30**

