



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

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

Chicken Drumstick w/Roll **8**
Or
Turkey & Cheese Sandwich
Steamed Broccoli w/chz
Baked Beans
Veggie Tray
Apple Wedges

Meatball Marinara Bowl **9**
Or
Chicken Salad Sandwich
Pinto Beans
Stir Fry Italian Veggies
Buttered Squash
Grapes

BBQ Baked Potato **10**
Or
Grilled Cheese Roll
Side Salad
Roasted Bell Peppers
Pineapple

Pancake Sausage Stick **11**
Or
Ham & Cheese Sub
Tator Tots
Tomato Wedges
Yogurt
Fresh Melon

Salisbury Steak w/Gravy **14**
Or
Goldfish Turkey & Chz Sandwich
Cornbread
Pinto Beans
California Veggies
Rosy Pears

Pepperoni Pizza **15**
Or
Grilled Cheese
Potato Wedges
Side Salad
Veggie Tray
SideKick Fruit Slush

Spaghetti **16**
Or
Ham & Cheese Sub
Garlic Bread
Baked Potato w/trimmings
Peas & Carrots
Banana

Hot Dog on Bun **17**
Or
Turkey & Cheese Wrap
Green Beans
Curly Fries
Tomato Wedges
Mixed Fruit

Hamburger **18**
Or
Ham & Cheese Sub
Lettuce & Tomato Tray
Corn Cob
Sliced Cucumbers
Orange Wedges

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

Chicken Chunks **22**
Or
Goldfish Ham & Chz Sandwich
Roll
Mashed Potatoes
Glazed Carrots
Baked Beans
Rainbow Applesauce

Frito Taco **23**
Or
Turkey & Cheese Sub
Salad
Mexican corn
Spicy Pintos
SideKick Fruit Slush

Stuffed Crust Chz Pizza **24**
Or
Grilled Cheese
Side Salad
Corn Cob
Tater Tots
Orange Wedges

Pork BBQ Sandwich **25**
Or
Ham & Cheese Sandwich
Coleslaw
Crinkle French Fries
Sliced Cucumbers
Banana

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

Chicken Drumstick w/F **29**
Or
Turkey & Cheese Sandwich
Steamed Broccoli w/chz
Baked Beans
Veggie Tray
Apple Wedges

Meatball Marinara Bowl **30**
Or
Chicken Salad Sandwich
Pinto Beans
Stir Fry Italian Veggies
Buttered Squash
Grapes

BBQ Baked Potato **31**
Or
Grilled Cheese Roll
Side Salad
Roasted Bell Peppers
Pineapple

