



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 **



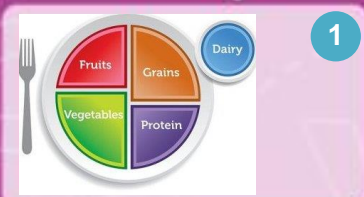
Monday

Tuesday

Wednesday

Thursday

Friday



1
 Chicken Strips
 Or
 Goldfish Ham & Cheese Sandwich Roll
 Mashed Potatoes
 Steamed Broccoli w/ Cheese
 Mixed Fruit

2
 8
 Salisbury Steak w/Gravy
 Or
 Ham & Cheese Sandwich
 Pinto Beans
 California Veggies
 Cornbread
 Pears

3
 9
 Chicken Drumsticks
 Or
 Turkey & Cheese Sub Roll
 Baked Beans
 Veggie Tray
 Apples

4
 10
 Pulled Pork BBQ w/roll
 Or
 Grilled Cheese
 Baked Potato
 Corn Cob
 Strawberry Yogurt Parfait

5
 11
 Frito Taco
 Or
 Turkey & Cheese Sub Salad
 Mexican Corn
 Orange Wedges

15
 NO
 School

16
 Chicken Sliders
 Or
 Ham & Cheese Sub
 Mixed Veggies
 French Fries
 Diced Peaches

17
Loaded Nachos
 Seasoned Meat & Tortilla Chips
 Or
 Grilled Cheese Sandwich
 Salsa
 Veggie Tray
 Melon

18
 Pizza
 Or
 Chicken Salad Sandwich
 Tater Tots
 Side Salad
 Pineapple

19
 Fish w/Hushpuppies
 Or
 Turkey & Cheese Sub
 Coleslaw
 Pinto Beans
 Baked Potato
 Mixed Fruit

22
 Chicken Parmesan
 Or
 Goldfish Turkey & Chz Sandwich Roll
 Green Beans
 Buttered Corn
 Mixed Fruit

23
 Stuffed Crust Chz Pizza
 Or
 Grilled Cheese
 Corn Cob
 Tater Wedges
 Apples

24
 Philly Cheese Steak Sub
 Or
 Ham & Cheese sub
 Pinto Beans
 Italian Veggies
 Strawberries

25
 Chili w/crackers
 Or
 Grilled Cheese
 Tater Tots
 Side Salad
 SideKick Fruit Slush

26
 Frito Taco
 Or
 Turkey & Cheese Sub Salad
 Mexican Corn
 Orange Wedges

29
 Chicken Strips
 Or
 Goldfish Ham & Cheese Sandwich Roll
 Mashed Potatoes
 Steamed Broccoli w/ Cheese
 Mixed Fruit

30
 Salisbury Steak w/Gravy
 Or
 Ham & Cheese Sandwich
 Pinto Beans
 California Veggies
 Cornbread
 Pears

31
 Chicken Drumsticks
 Or
 Turkey & Cheese Sub Roll
 Baked Beans
 Veggie Tray
 Apples

