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E/M Schools Fruit Juice served Tuesday & Thursday
 High Schools Fruit Juice served daily
 Fresh or Canned Fruit served daily with each meal
 Unflavored low fat milk served daily with each meal



Monday



Tuesday



Wednesday

Thursday

Friday

4A: Asian Chicken or other Chicken Option
 Fried Rice
 Broccoli
 Vegetable Egg Roll

5

4B: Sloppy Joe w/Cheese Option Or Cheeseburger
 Lettuce/Tomato (Optional)
 Fries*
 Baked Beans
 Sugar Cookie or Rice Crispy Treat

6

4C: Chicken Patty, Fish Square or Fish Nuggets
 Hamburger Bun or Hush Puppies
 Cole Slaw
 Fries* Tartar Sauce
 Cheese/Lettuce/Tomato

7

3D: Oven Roasted Chicken
 Green Beans or Sweet Peas
 Yams or Sweet Potatoes
 Roll or Biscuit

1

3E: Hamburger
 Cheese/Lettuce/Tomatoes
 Pickles/Ketchup/mayo/Mustard
 Fries or other potatoes
 Carrots

2

5A: Chicken Pot Pie or Chicken Alfredo*
 Green Beans or Lima Beans*
 Yams or Sweet potatoes
 Roll or Breadstick

12

5B: (Hot) Chicken Wings
 Potato Salad or Fries
 Turnip/Collards or Romaine Salad
 Celery Sticks (Optional)
 Cornbread, Hushpuppies or Roll

13

5C: Bacon Potato, Chicken or Beef Vegetable or Gumbo*
 Salad
 Mozzarella Cheese Sticks or Breadstick
 Brown Rice*

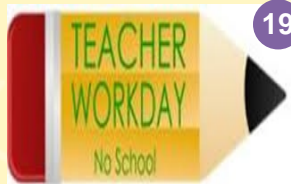
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5D: BBQ Beef or Pork Patty
 Hamburger Bun
 Baked Bans
 Carrots or Sweet Potato Fries
 Chips

15

5E: Chicken Chili Crispito or Pizza
 Black or Pinto Beans
 Corn or Corn Nuggets
 Salad
 Sugar Cookie or Brownie

16



19

1B: Pulled Pork or BBQ Fajita
 Hamburger Bun
 Baked Beans
 Fries or Potatoes
 Apple, Peach or Blueberry Crisp, etc.

20

1C: Tacos or Sante Fe Soup
 Jumbo Taco Shells or Corn Chips
 Yam Patty
 Corn
 Salad

21

1D: Oven Roasted Chicken
 Rice Pilaf or Brown Rice or Mashed Potatoes w/gravy
 Mixed or California Blend Veggies
 Roll or Biscuit

22

1E: Turkey Ham Cheese Sub
 Lettuce/Tomatoes/Pickles
 Mayo/Mustard
 Broccoli
 Carrots
 Chips

23

2A: Salisbury Steak
 Roasted Potatoes or Mashed Potatoes w/gravy
 Green Beans or Sweet Peas
 Roll or Hushpuppies

26

2B: Taco Grande (Salad), Tacos* Or Fajita w/flour tortilla*
 Lettuce/Tomatoes/Sour cream
 Black or Pinto Beans
 Corn
 Spanish Rice*

27

2C: Chicken Bites, Tenders or Nuggets
 Waffles w/syrup
 Fries
 Salad

28

2D: Buffet Ham or Turkey
 Turnips/Collards or Salad
 Sweet Potatoes
 Cornbread, Roll or Hushpuppies
 Sugar Cookie, Brownie or Apple Crisp

29

2E: Tuna or Chicken Salad or Chicken Patty
 Bun or Croissant
 Lettuce/Tomatoes/Pickles
 Sweet Peas
 Carrots

30