

Monday



2

Tuesday

3

Wednesday

4

Thursday

5

Friday

6

Homestyle Chicken Bowl with Dinner Roll
 Bean & Cheese Burrito*
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

9

Haystack ^{GF} (corn chips, ground turkey, beans & cheese)
 Macaroni & Cheese*
 Turkey & Cheese Deli Sandwich
 Yogurt & Cheez-Its*
 Protein Power Pack

10

Salisbury Steak & Gravy with Noodles and Garlic Toast
 Pizza (Cheese* or Pepperoni)
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

11

Orange Chicken with Rice
 Chicken Nuggets
 Salad with Sunflower Seeds & Croutons*
 Yogurt & Cheez-Its*
 Protein Power Pack

12

Pizza (Cheese* or Pepperoni)
 BBQ Chicken with Cornbread
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

13

Pizza (Cheese* or Pepperoni)
 Beef Hot Dog
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

16

Cheesy Bean Nachos* ^{GF}
 Fish Patty
 Bean & Cheese Burrito*
 Yogurt & Cheez-Its*
 Protein Power Pack

17

Pasta with Meatballs, Cheese, & Garlic Toast
 Corn Dog
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

18

Chicken 'n Waffles
 Teriyaki Chicken with Rice
 Salad with Hardboiled Egg & Croutons*
 Yogurt & Cheez-Its*
 Protein Power Pack

19

Pizza (Cheese* or Pepperoni)
 BBQ Pork Rib Sandwich
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

20

Cheesy Breadsticks with Marinara Dipping Sauce*
 Cheeseburger (or Hamburger)
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

23

Crispy Turkey Taco ^{GF}
 Homestyle Chicken Drumstick
 Bean & Cheese Burrito*
 Yogurt & Cheez-Its*
 Protein Power Pack

24

Pasta with Meat Sauce, Cheese, & Garlic Toast
 Breaded Chicken Sandwich
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

25

Brunch 4 Lunch:
 French Toast & Sausage
 Teriyaki Beef with Rice
 Salad with Cheese and Croutons*
 Yogurt & Cheez-Its*
 Protein Power Pack

26

Pizza (Cheese* or Pepperoni)
 Mini Corn Dogs
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

27

Professional Growth Day
 NON-STUDENT DAY

30



School Lunch Includes:

- Choice of Entrée: Protein and Whole Grains
- Self-Serve Salad Bar: Fruits and Vegetables (choose at least ½ cup)
- Choice of Milk: Low Fat White or Fat Free Chocolate

