

Monday
Tuesday
Wednesday
Thursday
Friday

4
 Chicken Fillet on WW Bun
 Vegetarian Beans
 Shredded Lettuce, Fresh Spinach
 Carrot Sticks, Tomatoes
 Oranges Halves, Peaches
 Mustard & Ketchup
 Low Fat Ranch Dressing
 Milk, PL or 1% or NF Chocolate

5
 Beef Taco
 WG Tortilla & Pinto Beans
 Shredded Lettuce, Fresh Spinach
 Tomatoes
 Jicama, Fresh Apples
 Low Fat Ranch Dressing
 Milk, PL or 1% or NF Chocolate

NO SCHOOL TODAY

7
 Mandarin Orange Chicken w LG/ Rice
 Shredded Lettuce, Fresh Spinach
 Celery Sticks, Green Beans, Tomatoes
 Fresh Bananas
 Low Fat Ranch Dressing
 Milk, PL or 1% NF Chocolate

1
 Popcorn Chicken w/ Roll
 Shredded Lettuce, Fresh Spinach
 Tomatoes, Cucumber
 Applesauce, Fresh Whole Fruit
 BBQ Sauce
 Low Fat Ranch Dressing
 Milk, PL or 1% or NF Chocolate

8
 Chicken Caesar Salad
 Fajita Chicken Strips
 Fresh Spinach, Broccoli,
 Tomatoes, Garbanzo Beans
 Fresh Whole Fruit, Apple Sauce
 Croutons & Caesar Salad Dressing
 Milk, PL or 1% or NF Chocolate

11
 Chicken Strips
 Green Beans
 Shredded Lettuce, Fresh Spinach
 Tomatoes, Carrot Sticks
 Peaches, Orange Halves
 BBQ Sauce
 Low Fat Ranch Dressing
 Milk, PL or 1% or NF Chocolate

12
 Nachos
 Beef Taco Meat, Tortilla Chips, Cheese
 Shredded Lettuce, Fresh Spinach
 Tomatoes
 Fresh Apples, Jicama
 Low Fat Ranch Dressing
 Milk, PL or 1% or NF Chocolate

13
 Chicken Drumstick w/ Corn
 Shredded Lettuce, Fresh Spinach
 Broccoli, Tomatoes, Garbanzo Beans
 Fresh Grapes
 BBQ Sauce
 Low Fat Ranch Dressing
 Milk, PL or 1% or NF Chocolate

14
 Meatloaf
 Potato Pearls
 Shredded Lettuce, Fresh Spinach
 Celery Sticks, Tomatoes, Green Beans
 Fresh Bananas
 Low Fat Ranch Dressing
 Milk, PL or 1% or NF Chocolate

15
 French Bread Pizza
 Carrots
 Shredded Lettuce, Fresh Spinach
 Tomatoes, Garbanzo Beans
 Fresh Grapes, Pears
 Low Fat Ranch Dressing
 Milk, PL or 1% or NF Chocolate

NO SCHOOL TODAY

19
 Beef Taco
 WG Tortilla & Pinto Beans
 Shredded Lettuce, Fresh Spinach
 Tomatoes
 Jicama, Fresh Apples
 Low Fat Ranch Dressing
 Milk, PL or 1% or NF Chocolate

20
 Bean and Cheese Burrito
 Corn, Shredded Lettuce, Fresh Spinach
 Carrot Sticks, Tomatoes
 Fresh Grapes
 Low Fat Ranch Dressing
 Milk, PL or 1% NF Chocolate

21
 Teriyaki Beef Dunkers w LG/ Rice
 Shredded Lettuce, Fresh Spinach
 Celery Sticks, Green Beans, Tomatoes
 Low Fat Ranch Dressing
 Milk, PL or 1% NF Chocolate

22
 Chicken Caesar Salad
 Fajita Chicken Strips
 Fresh Spinach, Broccoli,
 Tomatoes, Garbanzo Beans
 Fresh Whole Fruit, Apple Sauce
 Croutons & Caesar Salad Dressing
 Milk, PL or 1% or NF Chocolate

25
 Grilled Chicken on WW Bun
 Vegetarian Beans
 Shredded Lettuce, Fresh Spinach
 Carrot Sticks, Tomatoes
 Oranges Halves, Peaches
 Mustard & Ketchup
 Low Fat Ranch Dressing
 Milk, PL or 1% or NF Chocolate

26
 Nachos
 Beef Taco Meat, Tortilla Chips, Cheese
 Shredded Lettuce, Fresh Spinach
 Tomatoes
 Fresh Apples, Jicama
 Low Fat Ranch Dressing
 Milk, PL or 1% or NF Chocolate

27
 Mesquite Beef on WW Bun
 Potato Puffs
 Shredded Lettuce, Fresh Spinach
 Celery Sticks, Tomatoes
 Fresh Grapes
 Low Fat Ranch Dressing
 Milk, PL or 1% or NF Chocolate

28
 Mandarin Orange Chicken w LG/ Rice
 Shredded Lettuce, Fresh Spinach
 Celery Sticks, Green Beans
 Fresh Bananas
 Chocolate Brownie
 Low Fat Ranch Dressing
 Milk, PL or 1% NF Chocolate

