

Monday

Tuesday

Wednesday

Thursday

Friday

4
CRISPY CHICKEN SANDWICH ON WHEAT BUN, VEGERTARIAN BEANS
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS, FRESH CARROTS
FRESH ONIONS, FRESH ORANGES
KETCHUP/MUSTARD
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHOCOLATE

5
HAMBURGER ON WHEAT BUN
POTATO PUFFS, SLICED CHEESE
SHREDDED LETTUCE & SPINACH
FRESH CELERY, FRESH TOMATOS,
GREEN BEANS, FRESH APPLES
KETCHUP/MUSTARD
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHOCOLATE

6
FLAQUITO
PINTO BEANS
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS, CORN
FRESH JICAMA
FRESH GRAPES
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHOCOLATE

7
NACHOS
BEEF TACO MEAT & NACHO CHEESE
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS, FRESH BROCCOLI
GARONZO BEANS
FRESH BANANAS
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHCOCOLATE

1
DR. SEUSS'S BIRTHDAY
GREEN EGGS
WAFFLE STICKS W/ SYRUP
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS, GARBONZO BEANS
FRUIT COCKTAIL, FRESH FRUIT
LOW FAT RANCH DRESSING, COOKIE
MILK, PL OR 1% NF CHOCOLATE

8
POPCORN CHICKEN
WHEAT DINNER ROLL
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS, GREEN BEANS
PEACHES, FRESH FRUIT
BBQ SAUCE
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHOCOLATE

11
BREADED CHICKEN STRIPS
WHEAT DINNER ROLL
GREEN BEANS
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS, FRESH CARROTS
PEARS, FRESH ORANGES, BBQ
SAUCE, LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHOCOLATE

12
BEEF TACOS W/ WG TORTILLA
PINTO BEANS
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS, FRESH BROCCOLI
GARONZO BEANS
FRESH APPLES
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHOCOLATE

13
HAM/ TURKEY CLUB SANDWICH
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS, FRESH ONIONS
PICKLES, FRESH CUCUMBERS
GARONZO BEANS, FRESH GRAPES
MUSTARD/ MAYONAISE
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHOCOLATE

14
MANDARIN ORANGE CHICKEN
BROWN RICE
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS, FRESH CARROT
STICKS
GREEN BEANS, FRESH BANANAS
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHOCOLATE

15
CHICKEN CAESAR SALAD
WHEAT DINNER ROLL
FRESH TOMATOS, FRESH BROCCOLI
GARONZO BEANS
SHREDDED MOZARELLA CHEESE
APPLESAUCE, FRESH FRUIT, COOKIE
CROUTONS, CASAR SALAD DRESSING
MILK, PL OR 1% NF CHCOCOLATE

18
NO SCHOOL

19
NO SCHOOL

20
NO SCHOOL

21
NO SCHOOL

22
NO SCHOOL

25
TONYS PIZZA
FRESH HOT BROCCOLI
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS
GARONZO BEANS
FRUIT COCKTAIL, FRESH ORANGES
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHOCOLATE

26
NACHOS
BEEF TACO MEAT & NACHO CHEESE
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS, FRESH BROCCOLI
GARONZO BEANS
FRESH BANANAS
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHCOCOLATE

27
SPAGHETTI W/ MEAT SAUCE
WHEAT DINNER ROLL
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS, FRESH JICAMA
GREEN BEANS, FRESH GRAPES
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHOCOLATE

28
TERIYAKI CHICKEN
BROWN RICE
SHREDDED LETTUCE & SPINACH
FRESH TOMATOS, FRESH
CUCUMBERS
GARONZO BEANS, FRESH BANANAS
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHOCOLATE

29
POPCORN CHICKEN
WHEAT DINNER ROLL
SHREDDED LETTUCE & SPINACH
FRESH CARROTS , FRESH TOMATOS
GREEN BEANS, PEACHES
FRESH FRUIT, BBQ SAUCE, BROWNIE
LOW FAT RANCH DRESSING
MILK, PL OR 1% NF CHOCOLATE

