

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

Chef (34g), Apple Feta (82g) and Fruit Salad Available Daily for lunch at Middle & High Schools

MON		TUE		WED		THU		FRI		1	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 2										BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
										Hamburger (24g), Fries (27g), Sliced Apples (~8g)	
										Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)	
										Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)	
MON		TUE		WED		THU		FRI		8	
4		5		6		7		8		8	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 3										Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)					
--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
Grilled Cheese Sandwich (42g), Fresh Broccoli & Carrots (6g), Seasonal Fruit (~15g)		Ciabatta Deli Sandwich (31g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6g) Pineapple (17g)		Grilled Chicken Sandwich (32g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Peaches (16g)				Hamburger (33g), Fries (19g), Sliced Apples (~8g)	
Cheesy Meatloaf Sandwich (38g), Fries (14g), Seasonal Fruit (~15g)		Quesadilla (33g), Salad w/Tomatoes (2g), Mixed Fruit (16g)		General Tso (26g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)		CrunchyTacos (20g), Spanish Rice (27g), Salad w/Diced Tomatoes (3g) Peaches (16g)				Breaded Chicken Patty (15g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (~8g)	
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)		BBQ Dippers (10g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)		Chicken Fajitas (35g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)				Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)	
MON		TUE		WED		THU		FRI		15	
11		12		13		14		15		15	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 1										NO SCHOOL	
Frudel (36g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Egg & Cheese Bun (19g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)					
--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
Pulled Pork Sandwich (27g), Cole Slaw (6g), Seasonal Fruit (~15g)		Panni Deli Sandwich (32g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6g) Peaches (16g)		Grilled Chicken Sandwich (24g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Pineapple (17g)				NO SCHOOL	
Steak Fingers (17g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (~15g)		Chili Cheese Fries (29g), Bread Sticks (25g), Salad w/ Tomatoes (3g), Mixed Fruit (16g)		Asado Burrito or Plate (32g), Refried Beans (24g), Peaches (16g)		Steak Burrito (32g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g)				NO SCHOOL	
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)		Chicken Nuggets (13g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)		Japanese Cherry Blossom Chicken (27g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)				NO SCHOOL	
MON		TUE		WED		THU		FRI		22	
18		19		20		21		22		22	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 2										BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
NO SCHOOL		Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Crescent Choc Filled (37g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)					
--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
NO SCHOOL		Deli Sandwich (32g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6g) Pineapple (17g)		Grilled Chicken Sandwich (24g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Pineapple (17g)				Hamburger (24g), Fries (27g), Sliced Apples (~8g)	
NO SCHOOL		Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27), Mixed Fruit (~16g)		Chicken Fajita Burrito (35g), Salad w/Diced Tomatoes (3g), Peaches (16g)		Red Chile Beef Enchiladas (33g), Spanish Rice (20g), Beans (14g), Salad w/ Diced Tomatoes (3g), Peaches(16g)				Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)	
NO SCHOOL		Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Frito Pie (38g), Corn (16g), Peaches (16g)		Corn Dog (33g), Fries (27g), Pineapple (17g)				Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)	
MON		TUE		WED		THU		FRI		1	
25		26		27		28		29		1	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 3										Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)					
--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
Grilled Cheese Sandwich (42g), Fresh Broccoli & Carrots (6g), Seasonal Fruit (~15g)		Ciabatta Deli Sandwich (31g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6g) Pineapple (17g)		Grilled Chicken Sandwich (32g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Peaches (16g)				Hamburger (33g), Fries (19g), Sliced Apples (~8g)	
Cheesy Meatloaf Sandwich (38g), Fries (14g), Seasonal Fruit (~15g)		Quesadilla (33g), Salad w/Tomatoes (2g), Mixed Fruit (16g)		Thai Chili Chicken (15g), Brown Rice (28g), Bread Stick (13g) Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)		CrunchyTacos (20g), Spanish Rice (27g), Salad w/Diced Tomatoes (3g) Peaches (16g)				Breaded Chicken Patty (15g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (~8g)	
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)		BBQ Dippers (10g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)		Chicken Fajitas (35g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)				Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)	