

Chef, Apple Feta and Fruit Salad Available Daily for lunch

3 Monday		4 Tuesday		5 Wednesday		6 Thursday		7 Friday	
NO SCHOOL FAIR DAY		1 ea Quesadilla 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs		2 ea Waffle Sticks 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs		1 ea Sausage Potato Burrito 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs		1.8 oz Choc Chip Muffin 1 oz String Cheese 1/2c Apple Wedges (3) Potato Egg Chile Burrito 0 Total Carbs	
		15 5 ea Chicken Nugget 15 1/2c Mash Potatoes 0 1/4c Country Gravy 23 1.5 oz WG Roll 17 1/4c Peaches 70 Total Carbs		22 4 oz Green Chile Enchiladas 12 1/4c Spanish Rice 24 1/4c Pinto Beans 0 1/2c Lettuce & Tomato 2 1 oz Ranch Dressing 60 Total Carbs		36 5 oz Pizza 2 1/4c Salad w/Dressing 15 1/2c Orange Pineapple 53 Total Carbs		4 oz Orange Chicken 13 1/4c White Rice 0 1/4c Carrots & Broccoli 15 1/2c Cherry Pears 6 1 ea Fortune Cookie 34 Total Carbs	
10 Monday		11 Tuesday		12 Wednesday		13 Thursday		14 Friday	
1 ea Sausage Pancake Stix 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs		1 ea Pizza 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs		1 ea French Toast (4 sticks) 1/2c Green Sliced Apples(2oz) Yogurt/Cereal/Muffin 0 Total Carbs		1 ea Breakfast Breaks Asado Burrito 0 Total Carbs		1 ea Combo Burrito 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs	
36 1 ea Chicken Sandwich 0 1/4c Lettuce & Tomato 30 1/2c Sweet Potato Puffs 1 ea Rice Crispy Square 2 1 oz Ranch Dressing 68 Total Carbs		7 3 ea BBQ Dippers 15 1/2c Mash Potatoes 0 1/4c Brown Gravy 23 1.5 oz WG Roll 7 1/4c Orange Wedges 52 Total Carbs		30 4 oz Chicken Fajitas w/ Veggies 12 1/4c Spanish Rice 24 1/4c Pinto Beans 15 1/2c Mixed Fruit 81 Total Carbs		3/4c Mac N Cheese (6oz) 4 ea Fish Nuggets 0 1/4c Fresh Broccoli 15 1/2c Cherry Pears 2 1 oz Ranch Dressing 17 Total Carbs		6 oz Spaghetti w/Meat Sauce 0 1/4c Green Beans 20 2 ea Bread Stick 15 1/2c Peaches 35 Total Carbs	
17 Monday		18 Tuesday		19 Wednesday		20 Thursday		21 Friday	
1 ea Morning Roll 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs		1 ea Mini Pancakes 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs		1 ea Breakfast Breaks Egg Potato Chile Burrito 0 Total Carbs		1 ea Sausage Biscuit 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs		4 oz Yogurt 1 ea Cereal Bar 1 ea Banana Pizza 0 Total Carbs	
40 3 oz Cheesy Nachos (2oz chips) 10 1/4c Pinto Beans 29 1 ea Fruit Turnover (2oz) 0 1/2c Carrots & Snow Peas (2oz) 79 Total Carbs		18 4 ea Steak Fingers 15 1/2c Mash Potatoes 0 1/4c Country Gravy 23 1.5 oz WG Roll 7 1/4c Lime Pears 63 Total Carbs		25 5 oz Frito Pie 1/4c Corn 6 1/2c Salad w/Dressing 31 Total Carbs		40 1 ea Ham & Cheese Deli 0 1/4c Lettuce & Tomato 19 1 oz Baked Chips 15 1/2c Cherry Applesauce 2 1 oz Ranch Dressing 76 Total Carbs		3 oz Teriyaki Chicken 13 1/4c White Rice 0 1/4c Carrots & Broccoli 15 1/2c Pineapple 6 1 ea Fortune Cooke 34 Total Carbs	
24 Monday		25 Tuesday		26 Wednesday		27 Thursday		28 Friday	
NO SCHOOL TEACHER IN-SERVICE DAY		1 ea Sausage Pancake Stix 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs		2 ea Waffle Sticks 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs		1 ea Sausage Potato Burrito 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs		1.8 oz Choc Chip Muffin 1 oz String Cheese 1/2c Apple Wedges (3) Potato Egg Chile Burrito 0 Total Carbs	
		15 5 ea Chicken Nugget 15 1/2c Mash Potatoes 0 1/4c Country Gravy 23 1.5 oz WG Roll 7 1/4c Peaches 60 Total Carbs		22 4 oz Green Chile Enchiladas 14 1/4c Spanish Rice 24 1/4c Pinto Beans 0 1/2c Lettuce & Tomato 2 1 oz Ranch Dressing 62 Total Carbs		36 5 oz Pizza 2 1/4c Salad w/Dressing 15 1/2c Orange Pineapple 53 Total Carbs		4 oz Orange Chicken 13 1/4c White Rice 0 1/4c Carrots & Broccoli 15 1/2c Cherry Pears 6 1 ea Fortune Cookie 34 Total Carbs	
31 Monday		<div style="text-align: center;"> <h2>Classroom Parties</h2> <h3>Birthday - Pizza - Catering</h3> <p>Meets Wellness Policy - Meets Food Safety Rules Call 637-3338 For More Information</p> </div>							
1 ea Banana Choc Chip Bar 4 oz Juice Yogurt/Cereal/Muffin 0 Total Carbs									
36 1 ea Chicken Sandwich 0 1/4c Lettuce & Tomato 30 1/2c Sweet Potato Puffs 1 ea Rice Crispy Square 2 1 oz Ranch Dressing 68 Total Carbs									

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