

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**4**

Grilled Chicken Sandwiches  
Pesto Tortellini Salad  
Carrot Sticks  
Cantaloupe

Salad Bar



**5**

Ground Beef and Macaroni  
Zucchini  
Garlic Bread Stick  
Pears

Salad Bar

**6**

Taco Salad  
Refried Beans  
Pico de Gallo  
Spanish Rice  
Pineapple  
Salad Bar

**7**

Minestrone Soup & Grilled  
Cheese  
Garden Green Salad w/  
vinaigrette dressing  
Grapes  
Salad Bar

**1**

Nachos  
Chili  
Pico de Gallo  
Cilantro Rice



**11**

Cheeseburgers  
Sweet Potato Fries  
Coleslaw  
Peaches

Salad Bar

**12**

Carnitas  
Refried Beans  
Pico de Gallo  
Chips and Salsa  
Grapes  
Salad Bar

**13**

Lasagna  
Garlic Bread  
Caesar Salad  
Broccoli  
Pineapple  
Salad Bar

**14**

Sub Sandwiches  
Creamy Vegetable Soup  
Kale Salad  
Cantaloupe

Salad Bar

**8**

Pulled Pork  
Coleslaw  
Potato Wedges  
Peaches

Salad Bar

**15**

Fish or Chicken Sandwich  
Potato Wedges  
Macaroni and Cheese  
Apples  
Carrot Sticks  
Salad Bar

**18**

**19**



**21**

**22**

**25**

Pepperoni Pizza or  
Cheese Pizza  
Caesar Salad  
Oranges

Salad Bar

**26**

Chicken Strips  
Mashed Potato Bowl  
Corn  
Peaches

Salad Bar

**27**

Shepherd's Pie  
Carrot Coins  
Fresh Baked Roll  
Applesauce

Salad Bar

**28**

Chicken Parm or Turkey  
Avocado Panini  
Hummus and Veggies  
Grapes

Salad Bar



Applications are available for the Free and Reduced Breakfast and Lunch Program. Applications may be picked up in the school office or are available to fill out online on the district website.

**Breakfast Price:** Paid \$2.25 Reduced \$0.30

**Lunch Price:** Paid \$3.00 Reduced \$0.40

Contact the Food Service Department to resolve any issues with your child's lunch account at 707-725-4461 ext. 3095 or e-mail Regina Salmon: rsalmon@fuhdsdistrict.net