

Monday
Tuesday
Wednesday
Thursday
Friday

Bean Burritos or Tamales **4**
Chips and Salsa
Cowboy Caviar
Oranges

Salad Bar

Spicy Asian Chicken and **5**
Noodles
Rice
Broccoli
Peaches
Salad Bar

Corn Dog w/Chili **6**
Potato Wedges
Grapes

Salad Bar

Baked Chicken **7**
Honey Glazed Carrots
Potato Salad
Whole Wheat Roll
Pears
Salad Bar

Fish Sticks or Hamburgers **8**
Macaroni and Cheese
Veggies and Hummus
Peaches

Salad Bar

Southwest Chicken Soup **9**
Chips and Salsa
Hummus and Veggies
Apples

Salad Bar

Taco Salad **11**
Refried Beans
Pico de Gallo
Spanish Rice
Grapes
Salad Bar

Spaghetti & Garlic Bread **12**
Zucchini
Caesar Salad
Cantaloupe

Salad Bar

Sub Sandwiches **13**
Hummus and Veggies
Oranges

Salad Bar

Pork Roast **14**
Mashed Potatoes and Gravy
Whole Wheat Roll
Butternut Squash
Applesauce
Salad Bar

Pepperoni Pizza or **15**
Cheese Pizza
Caesar Salad
Peaches
Salad Bar

Cheeseburgers **18**
French Fries
Coleslaw
Peaches

Salad Bar

Beef Stroganoff **19**
Green Beans
Garlic Bread Sticks
Honeydew

Salad Bar

Chicken Sandwich **20**
Apple/ Carrot/ Raisin Salad
Potato Wedges
Peaches

Salad Bar

Nachos **21**
Chili
Pico de Gallo
Cilantro Rice

Salad Bar

Meatball Subs **22**
Pesto Pasta Salad
Broccoli
Baked Apples

Salad Bar

Soft Chicken Taco **25**
Spanish Rice
Taco Salad
Honeydew

Salad Bar

Minestrone Soup & Grill **26**
Cheese
Spinach Salad
Cantaloupe

Salad Bar

Shepherd's Pie **27**
Carrot Coins
Fresh Baked Roll
Applesauce

Chicken Parm or Turkey **28**
Avocado Panini
Hummus and Veggies
Grapes

Grilled Chicken Sandwiches **29**
Pasta Salad
Carrot Sticks
Honeydew

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

