



18/19 DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- o Vegetable of the day

Chef reserves the right to change menu for seasonality and new menu innovation.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <ul style="list-style-type: none"> ● mac & cheese and bbq chicken ● bean & cheese quesadilla (v) o baby carrots & warm pinto beans o Fruit & Milk
<p>4</p> <ul style="list-style-type: none"> ● chicken bites (df) ● sunny sandwich kit (sunbutter & jelly) (v) ● ham & cheese sandwich o blanched broccoli (chilled) o Fruit & Milk 	<p>5</p> <ul style="list-style-type: none"> ● the revolution dog (df) ● chili citrus drumstick and rice (df) <p>o Fruit & Milk</p>	<p>6</p> <ul style="list-style-type: none"> ● pepperoni pizza ● chicken taco trio o warm pinto beans o Fruit & Milk 	<p>7</p> <ul style="list-style-type: none"> ● turkey & cheddar sandwich ● meatless italian "sausage" calzoni (v) o sliced cucumber o Fruit & Milk 	<p>8</p> <ul style="list-style-type: none"> ● rancho beef rice bake (df) ● spaghetti marinara (v) o glazed carrots o Fruit & Milk
<p>11</p> <ul style="list-style-type: none"> ● orange grilled chicken bites (df) ● bfast for lunch: pancakes & omelet (v) o steamed corn o Fruit & Milk 	<p>12</p> <ul style="list-style-type: none"> ● cheese pizza (v) ● mighty meaty deli combo sandwich o celery sticks with ranch o Fruit & Milk 	<p>13</p> <ul style="list-style-type: none"> ● beef cheeseburger ● sunny sandwich kit (sunbutter & jelly) (v) o lettuce & tomatoes o Fruit & Milk 	<p>14</p> <ul style="list-style-type: none"> ● creamy pasta alfredo (v) ● turkey & cheddar sandwich o glazed carrots o Fruit & Milk 	<p>15</p> <p>No School President's Day Weekend</p>
<p>18</p> <p>No School President's Day Weekend</p>	<p>19</p> <ul style="list-style-type: none"> ● chicken bites (df) ● cheese enchilada plate (v) ● turkey & cheddar sandwich o grape tomatoes & three bean salad o Fruit & Milk 	<p>20</p> <ul style="list-style-type: none"> ● the revolution dog (df) ● bean & cheese pupusa (v) ● ham & cheese sandwich o blanched broccoli with ranch (chilled) o Fruit & Milk 	<p>21</p> <ul style="list-style-type: none"> ● chicken gumbo & cornbread ● mighty meaty deli combo sandwich o sliced cucumber o Fruit & Milk 	<p>22</p> <ul style="list-style-type: none"> ● chicken taco trio ● spicy popcorn chicken sandwich ● egg salad sandwich (v) (df) o steamed carrots o Fruit & Milk
<p>25</p> <ul style="list-style-type: none"> ● cheesy pizza bites (v) ● turkey cheddar flatbread melt ● ham & cheese sandwich o celery sticks o Fruit & Milk 	<p>26</p> <ul style="list-style-type: none"> ● red chile chicken tamale (df) ● meatless italian "sausage" calzoni (v) o green peas o Fruit & Milk 	<p>27</p> <ul style="list-style-type: none"> ● beef cheeseburger <p>Pizza</p> <p>o lettuce & tomatoes with ranch</p> <p>o Fruit & Milk</p>	<p>28</p> <ul style="list-style-type: none"> ● rancho beef rice bake (df) ● lone star bbq chicken sandwich ● southwest veggie wrap (v) o glazed carrots o Fruit & Milk 	