

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30	1	2	3	4
B	100 Yogurt & Graham Crackers	100 Egg & Cheese Burrito	100 Coco Puffs & WG Crackers	110 Pancakes (2) with Syrup	170 Coffee Cake & String Cheese
VEGAN	2 Bagel w/ Jelly (2)	2 Frosted Flakes w Graham Crackers	2 Sunbutter & Jelly Sandwich on Wheat	2 Multi Grain Cheerios w Graham Crackers	2 English Muffin w/Jelly (2)
L	150 Creamy Chicken Chipotle over Penne Pasta (1c) with Mixed Vegetables (1c)	150 Beef Chili Cheese Tater Tots (1c) with Dinner Roll	140 Chicken Teriyaki with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)	150 Southwestern Chicken Bowl with Spanish Brown Rice (1c) , Pinto Beans (1/2c) & Whole Kernel Corn (1/2c)	140 Spaghetti (1c) & Meatballs with Steamed Carrots (3/4c)
SALAD	2 Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c) w/Corn Tortillas (2) & Refried Beans (1/2c)	2 Pinto Beans (1/2c) Nachos (2oz) & Green Salad (2c) & Italian Dressing	2 Sante Fe Salad with Black Beans (1/2c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/2c) & Dinner Roll (2oz)	2 Bean (1/2c) Torta with & Carrot Sticks (1c) & Italian Dressing	2 Tofu Taco Salad (3/4c) (No Cheese/Meat) w/ Spanish Brown Rice (1c) & Refried Beans (3/4c)
VEGAN	15 Chef Turkey & Ham Salad with a Wheat Dinner Roll	15 Santa Fe Chicken Salad with a Wheat Dinner Roll	15 Caesar Chicken Salad with a Wheat Dinner Roll	15 Greek Chicken Salad with a Wheat Dinner Roll	15 Chinese Chicken Salad with a Wheat Dinner Roll
B	7	8	9	10	11
VEGAN	130 Chocolate Crescent	130 Bean & Cheese Burrito	170 Lucky Charms & WG Crackers	110 Cinnamon French Toast w/Syrup	170 Mexican Concha
L	2 Bagel w/ Jelly (2)	2 Frosted Flakes w Graham Crackers	2 Sunbutter & Jelly Sandwich on Wheat	2 Multi Grain Cheerios w Graham Crackers	2 English Muffin w/Jelly (2)
SALAD	160 Chicken Fettuccine (1c) Alfredo with Mixed Vegetables (1c)	110 Chili Dog with Whole Kernel Corn (1c)	150 Beef Lasagna with Steamed Broccoli & Carrots (1c)	150 Beef & Cheese Nachos with Pinto Beans (1c)	150 Double Dog Chicken Hot Dogs with Sweet Potato (1c)
VEGAN	2 Veggie & Bean (1/2c) Tacos (No Cheese/Meat) w/Corn Salad (Oil & Vinegar) (3/4c)	40 FIELD TRIP: Turkey & Cheese Sandwich with Carrot Sticks (3/4c) & Ranch	2 Chinese Salad (No Chicken) w/ Dinner Roll (2oz) & Bean Salad (Oil & Vinegar) (1/2c)	2 Refried Beans & Rice Burrito & Green Salad (2c) w/Italian Dressing	2 Pineapple Tofu (1/2c) w/Mixed Vegetables (1c) & Brown Rice Pilaf (1c)
SALAD	15 Chef Turkey & Ham Salad with a Wheat Dinner Roll	15 Santa Fe Chicken Salad with a Wheat Dinner Roll	15 Caesar Chicken Salad with a Wheat Dinner Roll	15 Greek Chicken Salad with a Wheat Dinner Roll	15 Chinese Chicken Salad with a Wheat Dinner Roll
B	14	15	16	17	18
VEGAN	130 Mini Bagels w/Strawberry Cream Cheese	130 Egg & Cheese Taco	170 Reduced Sugar Cinnamon Toast Crunch & WG Crackers		
L	2 Bagel w/ Jelly (2)	2 Frosted Flakes w Graham Crackers	2 Sunbutter & Jelly Sandwich on Wheat	NO SCHOOL	NO SCHOOL
SALAD	140 Spaghetti (1c) & Meatballs with Mixed Vegetables (1c)	150 Honey BBQ Chicken Wings with Dinner Roll & Mashed Potatoes (1c)	230 Pepperoni Pizza with Green Salad (2c)		
VEGAN	2 Chow Mein (1c) w/Tofu (1/2c) & Mixed Vegetables (1c)	2 Grilled Veggie & Beans Sandwich on a Hoagie Roll with Green Salad (1 1/2c) & Italian Dressing	2 Greek Salad with Garbanzo Beans (1/2c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/2c) & Dinner Roll (2oz)		
SALAD	15 Chef Turkey & Ham Salad with a Wheat Dinner Roll	15 Santa Fe Chicken Salad with a Wheat Dinner Roll	15 Caesar Chicken Salad with a Wheat Dinner Roll		
B	21	22	23	24	25
VEGAN	140 Grape Crescent	110 Apple Cinnamon Tamal	170 Multi Grain Cheerios & WG Crackers	110 Pancakes (2) with Syrup	130 Mini Cinnamon Rolls
L	2 Bagel w/ Jelly (2)	2 Frosted Flakes w Graham Crackers	2 Sunbutter & Jelly Sandwich on Wheat	2 Multi Grain Cheerios w Graham Crackers	2 English Muffin w/Jelly (2)
SALAD	150 Penne Pasta (1c) & Meat Sauce (3/4c) with Mixed Vegetables (1c)	150 Pepperjack Cheeseburger with Whole Kernel Corn (1c)	150 Lemon Pepper Chicken with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)	150 Breaded Chicken Drumstick with BBQ Baked Beans (1c) & Dinner Roll	NO LUNCH
VEGAN	2 Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c) w/Corn Tortillas (2) & Refried Beans (1/2c)	2 Pinto Beans (1/2c) Nachos (2oz) & Green Salad (2c) & Italian Dressing	2 Sante Fe Salad with Black Beans (1/2c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/2c) & Dinner Roll (2oz)	2 Bean (1/2c) Torta with & Carrot Sticks (1c) & Italian Dressing	
SALAD	15 Chef Turkey & Ham Salad with a Wheat Dinner Roll	15 Santa Fe Chicken Salad with a Wheat Dinner Roll	15 Caesar Chicken Salad with a Wheat Dinner Roll	15 Greek Chicken Salad with a Wheat Dinner Roll	
B	28	29	30	31	1
VEGAN	130 Mini Bagels w/Cinnamon Cream Cheese	130 Egg & Cheese Burrito	170 Coco Puffs & WG Crackers	110 Cinnamon French Toast w/Syrup	150 Coffee Cake & String Cheese
L	2 Bagel w/ Jelly (2)	2 Frosted Flakes w Graham Crackers	2 Sunbutter & Jelly Sandwich on Wheat	2 Multi Grain Cheerios w Graham Crackers	2 English Muffin w/Jelly (2)
SALAD	150 Pesto Chicken Spaghetti (1c) with Mixed Vegetables (1c)	150 Sloppy Joe Sandwich with Mashed Potatoes (1c)	230 Pepperoni Pizza with Green Salad (2c)	150 Beef & Cheese Nachos with Pinto Beans (1c)	150 Spaghetti (1c) & Meatballs with Steamed Carrots (3/4c)
VEGAN	2 Veggie & Bean (1/2c) Tacos (No Cheese/Meat) w/Corn Salad (Oil & Vinegar) (3/4c)	2 Beans Chili (No Meat/Cheese) (3/4c) w/Dinner Roll (2oz) & Carrot Sticks (1c) w/Italian Dressing	2 Chinese Salad (No Chicken) w/ Dinner Roll (2oz) & Bean Salad (Oil & Vinegar) (1/2c)	2 Refried Beans & Rice Burrito & Green Salad (2c) w/Italian Dressing	2 Pineapple Tofu (1/2c) w/Mixed Vegetables (1c) & Brown Rice Pilaf (1c)
SALAD	15 Chef Turkey & Ham Salad with a Wheat Dinner Roll	15 Santa Fe Chicken Salad with a Wheat Dinner Roll	15 Caesar Chicken Salad with a Wheat Dinner Roll	15 Greek Chicken Salad with a Wheat Dinner Roll	15 Chinese Chicken Salad with a Wheat Dinner Roll

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1 cup (Juice cannot exceed 4 oz) Total weekly servings: (1 Cup) (1% Non-fat/Non-fat Choc)



School Notes: PRE-PACKED/ Lunch Starts At 11am on Tuesdays// Send disposable 5 compartment trays every day// Split Counts (A & B)



“Eat Right, Be Bright!”

