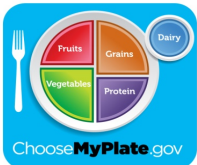


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B L S					1 Mini Cinnamon Rolls (140) Creamy Chicken Chipotle (1/2c) over Penne Pasta (1c) with Steamed Broccoli & Carrots (1c) (180) Santa Fe Chicken Salad with a Wheat Dinner Roll (15)
B L S	4 Grape Crescent (110) BBQ Pulled Chicken Sandwich with Mashed Potatoes (1c) (150) Caesar Chicken Salad with a Wheat Dinner Roll	5 Cinnamon French Toast w/Syrup (100) Chicken Fettuccine (1c) Alfredo with Green Salad (2c) (160) Chef Turkey & Ham Salad with a Wheat Dinner Roll	6 Reduced Sugar Trix & WG Crackers (180) Beef & Bean Chili (1c) with WG Saltines (6pkts) & Carrot Sticks (1/2c) & Ranch (170) Chinese Chicken Salad with a Wheat Dinner Roll	7 Bean & Cheese Burrito (150) Beef Hot Dog with Sweet Potato (1c) (160) Greek Chicken Salad with a Wheat Dinner Roll	8 WG Apple Cinnamon Donut (120) Spaghetti (1c) & Meatballs with Green Salad (1 1/2c) (160) Santa Fe Chicken Salad with a Wheat Dinner Roll
B L S	11 Mini Bagels w/Cinnamon Cream Cheese (130) Beef Taquitos (2) with Whole Kernel Corn (1c) (150) Caesar Chicken Salad with a Wheat Dinner Roll	12 Waffles (2) with Syrup (100) Penne Pasta (1c) & Turkey Meat Sauce (3/4c) with Green Salad (1 1/2c) (160) Chef Turkey & Ham Salad with a Wheat Dinner Roll	13 Reduced Sugar Cinnamon Toast Crunch & WG Crackers (160) Pepperoni Pizza with Carrot Sticks (1c) & Ranch (250) Chinese Chicken Salad with a Wheat Dinner Roll	14 NO SCHOOL	15 NO SCHOOL
B L S	18 Zucchini Loaf (130) Pesto Chicken Pasta with Cilantro Bean Salad (1c) (COLD LUNCH) Caesar Chicken Salad with a Wheat Dinner Roll	19 Pancake Bites (5) (100) Spaghetti (1c) & Meatballs with Green Salad (1 1/2c) (160) Chef Turkey & Ham Salad with a Wheat Dinner Roll	20 Multi Grain Cheerios & WG Crackers (160) Chicken & Waffles with Mashed Potatoes (1c) (170) Chinese Chicken Salad with a Wheat Dinner Roll	21 Egg, Sausage & Cheese Breakfast Toast (150) Pepperjack Cheeseburger with Sweet Potato (1c) (160) Greek Chicken Salad with a Wheat Dinner Roll	22 Mini Cinnamon Rolls (130) Oriental Chicken Tortilla Wrap with Carrot Sticks (1/2c) & Ranch (170) Santa Fe Chicken Salad with a Wheat Dinner Roll
B L S	25 Mini Bagels w/Strawberry Cream Cheese (130) Beef (2oz) & Cheese (.5oz) Nachos (2oz) with Pinto Beans (1c) (180) Caesar Chicken Salad with a Wheat Dinner Roll	26 Cinnamon French Toast w/Syrup (100) Creamy Basil Chicken Tortilla Wrap with Green Salad (1c) (150) Chef Turkey & Ham Salad with a Wheat Dinner Roll	27 Coco Puffs & WG CrackerS (180) Pepperoni Pizza with Carrot Sticks (1c) & Ranch (250) Chinese Chicken Salad with a Wheat Dinner Roll	28 Green Chile Egg & Cheese Burrito (150) Beef & Cheese Chimichanga with Whole Kernel Corn (1c) (160) Greek Chicken Salad with a Wheat Dinner Roll	29 Egg Salad Sandwich (130) Pesto Chicken Penne Pasta (1c) with Steamed Broccoli & Carrots (1c) (160) Santa Fe 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 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)



School Notes: PRE-PACKED/ Lunch Starts At 11am on Tuesdays// No Pancakes On Menu// Send disposable 5 compartment trays every day// Split Counts (A & B)



“Eat Right, Be Bright!”

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B L S					1 English Muffin w/Jelly (2) Penne Pasta (1c) & Marinara Sauce (1/2c) with Grilled Tofu (1/2c), Green Salad (1c) & Italian Dressing
B L S	4 Bagel w/ Jelly (2) Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c) w/Corn Tortillas (2) & Refried Beans (1/2c)	5 Frosted Flakes w Graham Crackers Pinto Beans (1/2c) Nachos (2oz) & Green Salad (2c) & Italian Dressing	6 Sunbutter & Jelly Sandwich on Wheat Sante Fe Salad with Black Beans (1/2c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/2c) & Dinner Roll (2oz)	7 Multi Grain Cheerios w Graham Crackers Bean (1/2c) Torta with & Carrot Sticks (1c) & Italian Dressing	8 English Muffin w/Jelly (2) Tofu Taco Salad (3/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (3/4c)
B L S	11 Bagel w/ Jelly (2) 2 Veggie & Bean (1/2c) Tacos (No Cheese/Meat) w/Corn Salad (Oil & Vinegar) (3/4c)	12 Frosted Flakes w Graham Crackers Beans Chili (No Meat/Cheese) (3/4c) w/Dinner Roll (2oz) & Carrot Sticks (1c) w/Italian Dressing	13 Sunbutter & Jelly Sandwich on Wheat Chinese Salad (No Chicken) w/ Dinner Roll (2oz) & Bean Salad (Oil & Vinegar) (1/2c)	14 Multi Grain Cheerios w Graham Crackers Refried Beans & Rice Burrito & Green Salad (2c) w/Italian Dressing	15 English Muffin w/Jelly (2) Pineapple Tofu (1/2c) w/Mixed Vegetables (1c) & Brown Rice Pilaf (1c)
B L S	18 Bagel w/ Jelly (2) Chow Mein (1c) w/Tofu (1/2c) & Mixed Vegetables (1c)	19 Frosted Flakes w Graham Crackers Grilled Veggie & Beans Sandwich on a Hoagie Roll with Green Salad (1 1/2c) & Italian Dressing	20 Sunbutter & Jelly Sandwich on Wheat Greek Salad with Garbanzo Beans (1/2c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/2c) & Dinner Roll (2oz)	21 Multi Grain Cheerios w Graham Crackers Fresh Veggie & Bean Tortilla Wrap with Carrot Sticks (1c) & Italian Dressing	22 English Muffin w/Jelly (2) Penne Pasta (1c) & Marinara Sauce (1/2c) with Grilled Tofu (1/2c), Green Salad (1c) & Italian Dressing
B L S	25 Bagel w/ Jelly (2) Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c) w/Corn Tortillas (2) & Refried Beans (1/2c)	26 Frosted Flakes w Graham Crackers Pinto Beans (1/2c) Nachos (2oz) & Green Salad (2c) & Italian Dressing	27 Sunbutter & Jelly Sandwich on Wheat Sante Fe Salad with Black Beans (1/2c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/2c) & Dinner Roll (2oz)	28 Multi Grain Cheerios w Graham Crackers Bean (1/2c) Torta with & Carrot Sticks (1c) & Italian Dressing	29 English Muffin w/Jelly (2) Tofu Taco Salad (3/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (3/4c)

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Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)



School Notes:

“Eat Right, Be Bright!”

