

2
NO SCHOOL

side items

3
Stuffed Crust Pizza, Side Salad

- Chicken Patty W/W Roll
- W/W Bagel and Yogurt
- Chef Salad with W/W Pita

side items

- Cookie
- Fresh Fruit

4
Golden Chicken Nuggets

- Chicken Patty
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Potato Wedges
- Fresh Fruit

5
Turkey Bacon Roll Up

- Chicken Patty
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Lettuce and Tomatoes
- Fresh Fruit

6
Stuffed Crust Pizza, Side Salad

- Chicken Patty W/W Roll
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Fresh Fruit
- Cookie

9
Meatball Parmesan on W/W Roll

- Pizza
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Mixed Vegetables
- Fresh Fruit

10
Stuffed Crust Pizza, Side Salad

- Pizza
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Baby Carrots
- Fresh Fruit

11
Cheesy Mac N Cheese

- Pizza
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Seasonal Vegetables
- Fresh Fruit

12
Chicken Quesadilla

- Pizza
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Fresh Salsa
- Fresh Fruit

13
Stuffed Crust Pizza, Side Salad

- Chicken Patty W/W Roll
- W/W Bagel and Yogurt
- Chef Salad with W/W Pita

side items

- Fresh Fruit
- Cookie

16
No School

side items

17
Stuffed Crust Pizza, Side Salad

- Grilled Cheese Sandwich
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Fresh Fruit
- Cookie

18
French Toast Sticks w/ Sausage

- Grilled Cheese Sandwich
- W/W Bagel and Yogurt
- Chef Salad w/ W/W Pita

side items

- Celery Sticks
- Fresh Fruit

19
Chicken Parmesan on W/W Roll

- Grilled Cheese
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Steamed Vegetables
- Fresh Fruit

20
Stuffed Crust Pizza, Side Salad

- Chicken Patty W/W Roll
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Fresh Fruit
- Cookie

23
Hot Dogs on W/W Roll

- Baked Ham and Cheese on W/W
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Beans
- Fresh Fruit

24
Stuffed Crust Pizza, Side Salad

- Chicken Patty on a W/W Roll
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Fresh Fruit
- Cookies

25
Sweet N Sour Chicken

- Baked Ham and Cheese
- W/W Bagel and Yogurt
- Chef Salad with W/W Pita

side items

- Steamed Rice
- Fresh Fruit

26
Meatball Sub on a W/W Roll

- Baked Ham and Cheese on W/W
- W/W Bagel and Yogurt
- Chef Salad with W/W Pita

side items

- Seasonal Vegetables
- Fresh Fruit

27
Stuffed Crust Pizza, Side Salad

- Chicken Patty
- W/W Bagel and Yogurt
- Chef Salad with W/W Pita

side items

- Fresh Fruit
- Cookie

30
Bulid Your Own Burger

- Grilled Cheese Sandwich
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Assorted Vegetables For Burgers
- Fresh Fruit

31
Stuffed Crust Pizza, Side Salad

- Chicken Patty
- Chef Salad w/ W/W Pita
- W/W Bagel and Yogurt Grab and Go

side items

- Fresh Fruit
- Cookie

1

side items

2

side items

3

side items



We offer 4 entrees daily. Each meal includes fat free milk. www.nps.org to prepay for your meals. Meals are subject to change.

Made with Healthy Whole Grains

Eat Well Selection™ Lower Fat, Lower Sodium

Nutritional Messages may vary by school.

Ovo-Lacto Vegetarian, may contain Egg & Milk

Local ingredients are always used when in season



ALL MEALS INCLUDE:
Variety of fresh vegetables

Variety of Fresh
Whole Grain Breads



Fat Free Milks