

2
NO SCHOOL

side items

3
Meatball Parm Sub

- Potato Wedges
- Steamed Vegetables
- Fresh Fruit

side items

4
Spicy Chicken Wrap

- Homemade Pasta Salad
- Lettuce and Tomatoes
- Fresh Fruit

side items

5
Rib B Que on W/W Roll

- Potato Puffs
- Steamed Vegetables
- Fresh Fruit

side items

6
Homemade Pizza

- Garden Salad
- Fresh Fruit
- Cookie

side items

9
Chicken of Cheese Quesadillas

- Spanish Rice
- Carrot and Celery Sticks
- Fresh Fruit

side items

10
Roast Pork w/ Gravy

- Mashed Potatoes
- Steamed Veggies
- Apple Sauce

side items

Strawberry Shortcake

11
Pasta Your Way

- Meat Sauce
- Broccoli and Cheese Sauce
- Fresh Fruit

side items

12
Beef Tacos

- Mexican Rice
- Corn on the Cobb
- Fresh Fruit

side items

13
Homemade Pizza

- Garden Salad
- Fresh Fruit
- Cookie

side items

16
No School

side items

17
Meatball Parmesan Sub

- Crinkle Cut Fries
- Steamed Vegetables
- Fresh Fruit

side items

18
Spicy Chicken Wrap

- Homemade Pasta Salad
- Lettuce and Tomatoes
- Fresh Fruit

side items

19
Chicken Lomein

- Steamed Vegetables
- W/W Dinner Roll
- Spiced Cake

side items

20
Homemade Pizza

- Garden Salad
- Fresh Fruit
- Cookie

side items

23
Golden Chicken Patty on W/W Roll

- Potato Puffs
- Lettuce and Tomatoes
- Fresh Fruit

side items

24
Baked Chicken

- Rice Pilaf
- Steamed Vegetables
- Cranberry Sauce

side items

Homemade Blueberry Crisp

25
Pasta Your Way

- Meatsauce
- Broccoli and Cheese Sauce
- Fresh Fruit

side items

26
Asian Rice Bowls

- Chicken, Meatballs, or Pork
- Steamed Vegetables
- Fresh Fruit

side items

Spice Cake

27
Homemade Pizza

- Garden Salad
- Fresh Fruit
- Cookie

side items

30
Bulid Your Own Burger

- Potato Puffs
- Vegetable Toppings for the Burgers
- Fresh Fruit

side items

31
Mac N Cheese

- Steamed Vegetables
- W/W Dinner Roll
- Fresh Fruit

side items

1

side items

2

side items

3

side items

Served Daily: Chicken Patty, burgers, Chicken Parm, Steak and Cheese, Assorted Salads and Sandwiches.

Made with Healthy Whole Grains
Eat Well Selection™ Lower Fat, Lower Sodium
Entrées with less than 300 calories

Ovo-Lacto Vegetarian, may contain Egg & Milk
Local ingredients are always used when in season
Nutritional Messages may vary by school.

All Meals include:



Veggie of the Day
Fresh Fruit

Whole Grain Breads



Fat Free Milks