

Monday

Tuesday

Wednesday

Thursday

Friday

Popcorn Chicken 14 SW
Mixed Vegetables 5
Sweet Potato Wedges 19S
Fruit Choice 15
Milk Choice 13,19, 20M

3

Jamaican Beef Pattya 46 SW
Grilled Cheese 32 SMW
Vegetable Juice 13
Snap Peas 5
Fruit Choice 15
Milk Choice 13,19, 20M

4

French Bread Pizza 33 MW
Cucumbers Slices
Baby Grape Tomatoes 5
Fruit Choice 15
Milk Choice 13,19, 20M

5

General Tso's 6 SW
Pork Shredded carrots & pineapple
Teriyaki Chicken Nuggets 10 MSW
Steamed Brown Rice 36
Steamed Farm Fresh Broccoli 5
Fruit Choice 15, Milk Choice 13,19,20M

6

Grilled Chicken Fillet 1 S
Roll 21W
BBQ sauce 5
Vegetarian Baked Beans 25
Baked Potato Wedges 21W
Fruit Choice 15, Milk Choice 13,19,20M

7

Chicken Tenders 15 WS
Sweet Potato Bites 19 S
Vegetable Juice 13
Fruit Choice 15
Milk Choice 13,19, 20M
Cookie Treat 22WES

10

New Item
Chicken fajitas 1
Flatbread 26MWS
Corn Niblets 15
Fruit Choice 15
Milk Choice 13,19, 20M

11

Vegetable or Cheese
Pizza Wedge 35MWS
Romaine Lettuce Salad 5
Vegetable Juice 13
Fruit Choice 15
Milk Choice 13,19, 20M

12

Con Queso Triangle 28WMS
Tex Mex Bean Salad 15
Broccoli & Celery Slices 5
Fruit Choice 15
Milk Choice 13,19, 20M

13

Menu Spotlight
Chicken 5w
Waffles 40mwse
Syrup 20
Smart balance margarine 0 S
Vegetable Juice
Fruit Choice 15, Milk Choice 13,19,20M

14

Cheezy Bread 30 MWSE
Marinara Sauce 6
Celery & Baby Carrots 5
With Low Fat Ranch Dip
Vegetable Juice 13
Fruit Choice 15
Milk Choice 13,19, 20M

17

Jamaican Beef Patty 46 SW
Grilled Cheese 32 SMW
Vegetable Juice 13
Snap Peas 5
Fruit Choice 15
Milk Choice 13,19, 20M

18

Pork Choppette 12SW
Teriyaki Chicken 10MWS
Brown Rice 36
Fresh Green Beans
Garden Salad 5
Roll 16 WS
Fruit Choice 15, Milk Choice 13,19,20M

19

Chicken Chunks 11SW
BBQ or ranch sauce 4ME
Chick Pea Salad 15
Fresh Veggie Sticks 5
Corn Muffin 23W
Fruit Choice 15 Milk Choice 13,19, 20M

20

Salisbury Steak 6 MSW
Mashed Potatoes 17 MS
Gravy 5 W, Roll 21W
Zucchini & Squash /red peppers 5
Cinn. Goldfish
Fruit Choice 15, Milk Choice

21

Cheese Quesadilla 42 MWS
Crinkle Cut Carrot Coins 5
Vegetable Juice 13
Fruit Choice 15
Milk Choice 13,19, 20M

24

Breaded Chicken 14WS
on Whole Grain Roll 28WS
BBQ 5W
Corn Niblets 15
Vegetarian Baked Beans 25
Fruit Choice 15
Milk Choice 13,19, 20M

25

French Toast Sticks 43WSM
Syrup 20
Chicken Sausage 1
Sweet Potato Bites 19 S
Vegetable Juice 13
Fruit Choice 15
Milk Choice 13,19, 20M

26

Chicken Tenders 15 WS
Plantains/Platanos Dulces 35 S
Roll 21 WS
Fresh Romaine Salad 5
Fruit Choice 15
Milk Choice 13,19, 20M

27

Sweet Potato Fish Sticks 23W
Teriyaki Chicken Nuggets 8 SW
Potatoes 16
Broccoli, Baby tomatoes 5 /Dip 4ME
Roll 21WS
Fruit Choice 15, Milk Choice 13,19,2

28

Grilled Cheese 32 SMW
Tomato Soup 20
Sliced Beets 5
Fruit Choice 15
Milk Choice 13,19, 20M
Holiday Cookie 19WSEM

31

DAILY ALTERNATES

Choose one:

- Whole Grain Bagel 38WS Plate: Contains two Items either Yogurt 19M, Sunflower seeds 6S, Sunbutter 7, or Cheese Stick 1M
- Chef Salad w/Whole Grain roll 33 SWM
- Assorted Sandwich on Roll 30 SW
- Black Bean Burger on Roll 40 WS

All lunches are whole grain!