

Monday

Tuesday

Wednesday

Thursday

Friday



4
Daily Lunch Entrees include Sub Sandwich, Yogurt Parfait, Chef Salad, Peanut Butter/Jelly Sandwich

5

6
Salad Bar Days
Tuesday, Wednesday, Thursday

7

8
Eat a rainbow of fruits and vegetables to get your needed vitamins and minerals. Half of your plate should be fruits and vegetables.

11



15

18
Chicken Patty Sandwich (Chix 2.7 oz, W/G Bun 2 oz)
Waffle Fries (3/4 cup)
Seasoned Green Beans (1/2 cup)
Fresh Fruit (1/2 cup)
Mandarin Oranges (1/2 cup)
Smart Snack Cookie (1 oz)

19
Cheeseburger w/toppings (Beef Patty 3 oz, Cheese .5 oz, W/G Bun 2 oz)
Pasta Salad (1/2 cup)
French Fries (3/4 cup)
Baked Beans (1/2 cup)
Fresh Fruit (1/2 cup),
Dole Fruit Cup (1/2 oz)

20
Cocca's Pepp. Pizza (6 oz)
Garden Salad (1 1/4 cup) (lettuce 1 c., tomatoes, 1/4 c., carrots, 1/4 c., cukes 1/4 c.)
Croutons, Dressing Packet (1 oz)
Fr. Fries (1/2 c.) Peach Cup (1/2 c)
Fresh Fruit Choices (1/2 cup)
Apple Crisp (1/2 cup)

21
Chicken Tenders (4 oz)
Mashed Potatoes (1/2 c.)
Gravy (1/4 c.)
Garlic Knot Roll (2 oz) w/marg
Seasoned Green Beans (1/2 c.)
Banana (1/2 cup)
Fruit Juice (1/2 cup)
Raspberry Churro (1 oz)

22
Nacho Grande (Beef 2 oz, Cheese 2 oz, Tortilla Chips 2 oz)
Sour Crm (1 oz), Chip Ranch (1 oz)
Sweet Corn (1/2 c), Salsa (1/2 cup)
Orange Wedges (1/2 cup)
Apple Juice (1/2 cup)

25
Pizza Crunchers (4 oz)
Marinara Sauce (1/4 cup)
Fresh Veggie Medley (1/2 cup)
Ranch Cup (1 oz)
French Fries (3/4 cup)
Fresh Fruit Choices (1/2 cup)
Mandarin Oranges (1/2 cup)

26
Meatball Sub Sandwich w/mozz cheese
Seasoned Green Beans (1/2 cup)
Carrots (1/2 cup) Ranch cup (1 oz)
Orange Wedges (1/2 cup)
Mixed Fruit Cup (1/2 cup)
Smart Snack Cookie (1 oz)

27
Pizza Hut Pepp. Pizza (6 oz)
BLT Salad (lettuce 1 cup, tomatoes 1/4 cup, croutons)
Potato Wedges (3/4 cup)
Straw/Grapes/Pineapple (1/2 cup)
Fruit Juice (1/2 cup)

28
Southwest Chix Burrito Bow
Seasoned Rice (1/2 cup)
Salsa (1/2 cup), Chipotle Ranch
Black Beans (1/2 cup)
Sweet Corn (1/2 cup)
Fruit Cup (1/2 cup), Apple
Sour Cream (1 oz)

29
Rodeo Cheeseburger (Beef Patty 3 oz, Cheese .5 oz, Onion Rings 1 oz, W/G Bun)
Fr. Fries (3/4 cup), Fr. Juice (1/2 c)
Seasoned Green Beans (1/2 cup)
Diced Pineapple Cup (1/2 cup)
Zucchini Cake (2 oz)