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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **WEEK 1**  Monday | K-8 | 9-12 | Tuesday | K-8 | 9-12 | Wednesday | K-8 | 9-12 | Thursday | K-8 | 9-12 | Friday | K-8 | 9-12 |
| Chicken Noodle Soup  Low Fat Pizza  Broccoli Florets  Fresh Orange  Assorted Milk  Salad Bar | 1 C  2 slic  1 C  1 ea.  8 oz | 1 C  2 slic  1 C  1 ea  8 oz | English Fish  Chips  Chopped Spinach  WW Dinner Roll  Banana  Assorted Milk | 3 oz  4 oz  1 C  1 ea  1 ea  8 oz | 3 oz  4 oz  1 C  1 ea  1 ea  8 oz | Chili Con Carne  Brown Rice  WW Breadsticks  Salad Bar  Fresh Apple  Assorted Milk | 1 C  ½ C  1 ea  1 ea  8 oz | 1 C.  ½ C  1 ea  1 ea  8 oz | Curry Chicken Salad on a slim bun  Mediterranean Blend  Fresh Pears  Assorted Milk  Salad Bar | 1 ea  1 C  1 ea  8 oz | 1 ea  1 C  1 ea  8 oz | Chicken Gumbo  Black Bean Burger  WW Roll  Honey Carrot Coins  Pineapple Chunks  Assorted Milk | 1 C  1 ea  1 C  1 C  8 oz | 1 C  1 ea  1 C  1 C  8 oz |
| **WEEK 2**  Monday | K-8 | 9-12 | Tuesday | K-8 | 9-12 | Wednesday | K-8 | 9-12 | Thursday | K-8 | 9-12 | Friday | K-8 | 9-12 |
| Minestrone Soup  Turkey on Pita  w/ Let & Tom  Green Beans  Fresh Orange  Assorted Milk | 1 C  1 ea  1 C  1 ea  8 oz | 1 C  1 ea  1 C  1 ea  8 oz | Baked Ziti  Mustard Greens  WW Dinner Roll  Banana  Assorted Milk  Salad Bar | 1 C  1 C  1 ea  1 ea  8 oz | 1 C  1 C  1 ea  1 ea  8 oz | French Onion Soup  Hamburger on Roll  Potato Tots  Corn  Fresh Apple  Assorted Milk | 1 C  1 ea  ½ C  1 C  1 ea  8 oz | 1 C  1 ea  ¾ C  1 C  1 ea  8 oz | Chicken Ranch Wrap  Roasted Root Veg  Fresh Pears  Assorted Milk  Salad Bar | 1 ea  1 C  1 ea  8 oz | 1 ea  1 C  1 ea  8 oz | Pasta Fagioli  Tuna Salad on a Goldfish Roll  Roasted Cauliflower  Pineapple Chunks  Assorted Milk | 1 C  1 ea  1 C  1 C  8 oz | 1 C  1 ea  1 C  1 C  8 oz |
| **WEEK 3**  Monday | K-8 | 9-12 | Tuesday | K-8 | 9-12 | Wednesday | K-8 | 9-12 | Thursday | K-8 | 9-12 | Friday | K-8 | 9-12 |
| Split Pea Soup  Pulled Pork BBQ  On a WW Roll  Cole Slaw  Fresh Orange  Assorted Milk | 1 C  1 ea  ½ C  1 ea  8 oz | 1 C  1 ea  ½ C  1 ea  8 oz | Grilled Greek Chicken  Braised Zucchini  Rice Pilaf  WW Dinner Roll  Banana  Assorted Milk | 3 oz  1 C  ½ C  1 ea  1 ea  8 oz | 3 oz  1 C  ½ C  1 ea  1 ea  8 oz | Italian Wedding Soup  Penne Pomodoro  Roasted Sesame Green Beans  Garlic Bread  Fresh Apple  Assorted Milk | 1 C  1 C  1 C  1 ea  1 ea  8 oz | 1 C  1 C  1 C  1 ea  1 ea  8 oz | Beef Stir Fry  Chow Mein noodles  Japanese Blend Veg  Egg Roll  Fresh Pears  Assorted Milk | 1 C  ¼ C  1 C  1 ea.  1 ea  8 oz | 1 C  ½ C  1 C  1 ea.  1 ea  8 oz | Northern Bean Soup  Ham on a Pretzel Roll  Roast Sweet Potato  Pineapple Chunks  Assorted Milk | 1 C  1 ea  ¾ C  1 C  8 oz | 1 C  1 ea  1 C  1 C  8 oz |
| **WEEK 4**  Monday | K-8 | 9-12 | Tuesday | K-8 | 9-12 | Wednesday | K-8 | 9-12 | Thursday | K-8 | 9-12 | Friday | K-8 | 9-12 |
| Tomato Soup  Grilled Cheese Sand  San Fran Vegetables  Fresh Orange  Assorted Milk | 1 C  1 ea  1 C  1 ea  8 oz | 1 C  1 ea  1 C  1 ea  8 oz | Grilled Chicken Sand  On a WW Roll  Rainbow Pasta Salad  Sautéed Eggplant  Banana  Assorted Milk | 3 oz  ½ C  1 C  1 ea  8 oz | 3 oz  ½ C  1 C  1 ea  8 oz | Vegetable Soup  Beef & Bean Burrito  Steamed Broccoli  Fresh Apple  Assorted Milk | 1 C  1 ea  1 C  1 ea  8 oz | 1 C  2 ea  1 C  1 ea  8 oz | Hot Turkey Sandwich  Butternut Squash  Fresh Pears  Assorted Milk | 1 ea  ¾ C  1 ea  8 oz | 1 ea  1 C  1 ea  8 oz | Chicken Rice Soup  Fish sandwich  On a WW Roll  Sautéed Spinach  Pineapple Chunks  Assorted Milk | 1 C  1 ea  1 C  1 c  8 oz | 1 C  1 ea  1 C  1 c  8 oz |

*The following items are also available as ala-cart*

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| **ALL BREAKFASTS** | **ALL LUNCHES & DINNERS** | **ALL MEALS** |
| 1. Oatmeal - three or four varieties of cold cereal 2. Assorted juices | 1. Salad Bar – containing Mixed Greens, tomatoes, onions, green peppers, cucumber, carrots, cheese, peas, hummus, black beans, eggs, sunflower seeds, dried cranberries, 3 bean salad, applesauce, croutons, jello, regular dressing and fat-free dressing | 1. 1%, Skim, and FF Chocolate Milk 2. Peanut butter, applesauce, , regular and sugar free jelly 3. Assorted Fresh Fruits and Canned Fruits |

ALL THE ABOVE ITEMS ARE OFFERED TO COMPLETE THE APPROPRIATE DIETS FOR WELL-BALANCED MEALS. If there is a question about a student’s diet, please ask for an explanation. The Nutrition Department has folders for each student.

When you make selection of food for the student, please keep in mind the students’ diet. *In accordance with federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.*