**LUNCH SPRING / SUMMER 2017**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |
| BBQ Beef on a WW RollSpinachSalad BarAssorted Salad DressingFresh OrangeAssorted Milk  | 1 ea.1 C1 ea.2 oz.1 ea.8 oz. | 1 ea.1 C1 ea.2 oz.1 ea.8 oz. | Tomato SoupGrilled CheeseGreek Style BeansBananaAssorted Milk | 1 C1ea. 1 C1ea.8oz. | 1 C1 ea.1 C1 ea.8 oz. | Chicken TacoMexicornFresh AppleAssorted Milk | 1ea.1 C1ea.8oz. | 2 ea.1 C1 ea.8 oz. | Chicken Noodle SoupTuna on Goldfish RollKidney Bean SaladFresh PearsAssorted Milk | 1 C 1ea.½ C1ea.8oz. | 1 C1 ea.¾ C1 ea.8 oz. | Jr. Turkey Club on Wheat BreadKey West BlendPineapple ChunksAssorted Milk | 1 ea.1 C1 C8 oz. | 1 ea.1 C1 C8 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 |
| Cheese PizzaItalian Style BroccoliSalad BarAssorted salad DressingFresh OrangeAssorted Milk | 2 sl.1 C.1 ea.2 oz.1 ea.8 oz. | 2 sl.1 C1 ea.2 oz.1 ea.8 oz. | Split Pea SoupHamburger WW RollFrench FriesPennsylvania BlendBananaAssorted Milk | 1 C1ea.3oz.1 C1ea.8oz. | 1 C1 ea.4 oz.1 C1 ea.8 oz. | Ham on Hawaiian BreadSteamed CarrotsSalad BarSalad DressingFresh AppleAssorted Milk | 1ea.1 C1ea.2oz.1ea.8oz. | 1 ea.1 C1 ea.2 oz.1 ea.8 oz. | Potato Leek SoupGrilled Chicken Cusabi on FlatbreadYellow SquashFresh PearsAssorted Milk | 1 C1ea.1 C1ea.8oz. | 1 C1 ea.1 C1 ea.8 oz. | Breaded Fish Filets Rice PilafCalifornia BlendPineapple ChunksAssorted Milk | 3 oz.½ C1 C1 C8 oz. | 4 oz.½ C1 C1 C8 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 |
| Turkey Salad WrapLet & TomBaked Sweet Potato Fresh OrangeAssorted Milk | 1 ea.1 ea.1 ea.8 oz. | 1 ea.1 ea.1 ea.8 oz. | Vegetable SoupStuffed ShellsBroccoli FloretsGarlic BreadstickBananaAssorted Milk | 1 C2ea.1 C1ea.1ea.8oz. | 1 C3 ea.1 C1 ea.1 ea.8 oz. | Chicken EnchiladasBaked BeansFresh AppleAssorted Milk | 1ea.1 C1ea.8oz. | 1 ea.1 C1 ea.8 oz. | Beef Barley SoupMarinated ChickenOn Croissant Stir Fry VegetablesFresh PearsAssorted Milk | 1 C3oz.1 C1ea.8oz. | 1 C3 oz.1 C1 ea.8 oz. | Meatball SubBraised ZucchiniPineapple ChunksAssorted Milk  | 1 ea.1 C1 C8 oz. | 1 ea.1 C1 C8 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 |
| Chicken Caesar WrapPacific Blend VegetablesSalad BarSalad DressingFresh OrangeAssorted Milk | 1 ea.1 C1 ea.2 oz.1 ea.8 oz. | 1 ea.1 C1 ea.2 oz.1 ea.8 oz. | Lentil SoupCurried BeefBrown RiceSteamed CarrotsBananaAssorted Milk | 1 C½ C½ C1 C1ea.8oz. | 1 C¾ C1 C1 C1 ea.8 oz. | Chicken Dippers W/ Honey MustardChopped SpinachWheat Bread Fresh AppleAssorted Milk | 3oz.1 C2ea.1ea.8oz. | 4 oz.1 C2 ea.1 ea.8 oz. | Turkey ChiliFarroAntigua Blend VegDinner RollFresh PearsAssorted Milk | ¾ C¼ C 1 C1ea.1ea.8oz. | 1 C½ C1 C1 ea.1 ea.8 oz. | Chicken GumboMacaroni and CheesStewed TomatoesPineapple ChunksAssorted Milk | 1 C¾ C1 C1 C8 oz. | 1 C1 C1 C1 C8 oz. |

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

|  |  |  |
| --- | --- | --- |
| **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, eggs, sunflower seeds, dried cranberries, 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.*