**LUNCH SPRING / SUMMER 2017**

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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 |
| BBQ Beef on a WW Roll  Spinach  Salad Bar  Assorted Salad Dressing  Fresh Orange  Assorted Milk | 1 ea.  1 C  1 ea.  2 oz.  1 ea.  8 oz. | 1 ea.  1 C  1 ea.  2 oz.  1 ea.  8 oz. | Tomato Soup  Grilled Cheese  Greek Style Beans  Banana  Assorted Milk | 1 C  1ea.  1 C  1ea.  8oz. | 1 C  1 ea.  1 C  1 ea.  8 oz. | Chicken Taco  Mexicorn  Fresh Apple  Assorted Milk | 1ea.  1 C  1ea.  8oz. | 2 ea.  1 C  1 ea.  8 oz. | Chicken Noodle Soup  Tuna on Goldfish Roll  Kidney Bean Salad  Fresh Pears  Assorted Milk | 1 C 1ea.  ½ C  1ea.  8oz. | 1 C  1 ea.  ¾ C  1 ea.  8 oz. | Jr. Turkey Club  on Wheat Bread  Key West Blend  Pineapple Chunks  Assorted Milk | 1 ea.  1 C  1 C  8 oz. | 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 |
| Cheese Pizza  Italian Style Broccoli  Salad Bar  Assorted salad Dressing  Fresh Orange  Assorted Milk | 2 sl.  1 C.  1 ea.  2 oz.  1 ea.  8 oz. | 2 sl.  1 C  1 ea.  2 oz.  1 ea.  8 oz. | Split Pea Soup  Hamburger WW Roll  French Fries  Pennsylvania Blend  Banana  Assorted Milk | 1 C  1ea.  3oz.  1 C  1ea.  8oz. | 1 C  1 ea.  4 oz.  1 C  1 ea.  8 oz. | Ham on Hawaiian Bread  Steamed Carrots  Salad Bar  Salad Dressing  Fresh Apple  Assorted Milk | 1ea.  1 C  1ea.  2oz.  1ea.  8oz. | 1 ea.  1 C  1 ea.  2 oz.  1 ea.  8 oz. | Potato Leek Soup  Grilled Chicken Cusabi on Flatbread  Yellow Squash  Fresh Pears  Assorted Milk | 1 C  1ea.  1 C  1ea.  8oz. | 1 C  1 ea.  1 C  1 ea.  8 oz. | Breaded Fish Filets  Rice Pilaf  California Blend  Pineapple Chunks  Assorted Milk | 3 oz.  ½ C  1 C  1 C  8 oz. | 4 oz.  ½ C  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 |
| Turkey Salad Wrap  Let & Tom  Baked Sweet Potato  Fresh Orange  Assorted Milk | 1 ea.  1 ea.  1 ea.  8 oz. | 1 ea.  1 ea.  1 ea.  8 oz. | Vegetable Soup  Stuffed Shells  Broccoli Florets  Garlic Breadstick  Banana  Assorted Milk | 1 C  2ea.  1 C  1ea.  1ea.  8oz. | 1 C  3 ea.  1 C  1 ea.  1 ea.  8 oz. | Chicken Enchiladas  Baked Beans  Fresh Apple  Assorted Milk | 1ea.  1 C  1ea.  8oz. | 1 ea.  1 C  1 ea.  8 oz. | Beef Barley Soup  Marinated Chicken  On Croissant  Stir Fry Vegetables  Fresh Pears  Assorted Milk | 1 C  3oz.  1 C  1ea.  8oz. | 1 C  3 oz.  1 C  1 ea.  8 oz. | Meatball Sub  Braised Zucchini  Pineapple Chunks  Assorted Milk | 1 ea.  1 C  1 C  8 oz. | 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 |
| Chicken Caesar Wrap  Pacific Blend Vegetables  Salad Bar  Salad Dressing  Fresh Orange  Assorted Milk | 1 ea.  1 C  1 ea.  2 oz.  1 ea.  8 oz. | 1 ea.  1 C  1 ea.  2 oz.  1 ea.  8 oz. | Lentil Soup  Curried Beef  Brown Rice  Steamed Carrots  Banana  Assorted Milk | 1 C  ½ C  ½ C  1 C  1ea.  8oz. | 1 C  ¾ C  1 C  1 C  1 ea.  8 oz. | Chicken Dippers W/ Honey Mustard  Chopped Spinach  Wheat Bread  Fresh Apple  Assorted Milk | 3oz.  1 C  2ea.  1ea.  8oz. | 4 oz.  1 C  2 ea.  1 ea.  8 oz. | Turkey Chili  Farro  Antigua Blend Veg  Dinner Roll  Fresh Pears  Assorted Milk | ¾ C  ¼ C 1 C  1ea.  1ea.  8oz. | 1 C  ½ C  1 C  1 ea.  1 ea.  8 oz. | Chicken Gumbo  Macaroni and Chees  Stewed Tomatoes  Pineapple Chunks  Assorted Milk | 1 C  ¾ C  1 C  1 C  8 oz. | 1 C  1 C  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, 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.*