|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 SoupLow Fat PizzaBroccoli FloretsFresh OrangeAssorted Milk  | 1 C2 slic1 C1 ea.8 oz | 1 C2 slic1 C1 ea8 oz | English Fish Chips Chopped SpinachWW Dinner RollBananaAssorted Milk | 3 oz4 oz1 C1 ea1 ea8 oz | 3 oz4 oz1 C2 ea1 ea8 oz | Chili Con CarneBrown RiceWW BreadsticksSalad BarFresh AppleAssorted Milk | 1 C½ C1 easalad1 ea8 oz | 1 C.½ C1 easalad1 ea8 oz | Curry Chicken Salad on a Hot Dog RollMediterranean BlendFresh PearsAssorted MilkSalad Bar | 1 ea1 C1 ea8 ozsalad | 1 ea1 C1 ea8 ozsalad | Chicken GumboBoneless BBQ RibOn WW Club RollHoney Carrot CoinsPineapple ChunksAssorted Milk | 1 C1 ea1 C1 C8 oz | 1 C1 ea1 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 |
| Minestrone SoupTurkey on Flatbread w/ Let & TomGreen BeansSalad BarFresh OrangeAssorted Milk | 1 C1 ea1 C1 ea8 oz | 1 C1 ea1 CSalad1 ea8 oz | Baked ZitiMustard GreensWW Dinner RollBananaAssorted MilkSalad Bar | 1 C1 C1 ea1 ea8 ozSalad | 1 C1 C2 ea1 ea8 ozSalad | Hamburger on Roll Potato TotsCornFresh AppleAssorted Milk | 1 ea½ C1 C1 ea8 oz | 1 ea¾ C1 C1 ea8 oz | Chicken Ranch WrapRoasted Root Veg Fresh PearsAssorted MilkSalad Bar | 1 ea1 C1 ea8 ozSalad | 1 ea1 C1 ea8 ozSalad | Pasta Fagioli Tuna Salad on a Goldfish RollRoasted CauliflowerPineapple ChunksAssorted Milk | 1 C1 ea1 C1 C8 oz | 1 C1 ea1 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 |
| Split Pea SoupPulled Pork BBQOn a WW RollCole SlawFresh OrangeAssorted MilkSalad Bar | 1 C1 ea½ C1 ea8 oz | 1 C1 ea½ C1 ea8 ozSalad | Grilled Lemon Chicken Braised ZucchiniRice PilafWW Dinner RollBananaAssorted Milk | 3 oz1 C½ C1 ea1 ea8 oz | 3 oz1 C½ C1 ea2 ea8 oz | Italian Wedding SoupPenne Pomodoro Roasted Sesame Green BeansGarlic BreadFresh AppleAssorted Milk | 1 C1 C1 C1 ea1 ea8 oz | 1 C1 C1 C1 ea1 ea8 oz | Beef Stir FryChow Mein noodlesJapanese Blend VegEgg RollFresh PearsAssorted Milk | 1 C¼ C1 C1 ea.1 ea8 oz | 1 C½ C1 C1 ea. 1 ea8 oz | Northern Bean SoupHam on a Pretzel RollRoast Sweet PotatoPineapple ChunksAssorted Milk  | 1 C1 ea¾ C1 C8 oz | 1 C1 ea1 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 |
| Tomato SoupGrilled Cheese SandSan Fran VegetablesFresh OrangeAssorted MilkSalad Bar | 1 C1 ea1 C1 ea8 oz | 1 C1 ea1 C1 ea8 ozSalad | Grilled Chicken SandOn a WW RollRainbow Pasta SaladFresh Roasted Brussel SproutsBananaAssorted Milk | 3 oz½ C1 C1 ea8 oz | 3 oz½ C1 C1 ea8 oz | Vegetable SoupBeef & Bean BurritoSteamed BroccoliFresh AppleAssorted Milk | 1 C1 ea1 C1 ea8 oz | 1 C2 ea1 C1 ea8 oz | Hot Turkey SandwichButternut SquashFresh PearsAssorted Milk | 1 ea¾ C1 ea8 oz | 1 ea1 C1 ea8 oz | Chicken Rice SoupFish sandwichOn a WW RollSautéed SpinachPineapple ChunksAssorted Milk | 1 C1 ea1 C1 c8 oz | 1 C1 ea1 C1 c8 oz |

|  |  |  |
| --- | --- | --- |
| **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.*