

LUNCH

Winter/Spring 2019

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	1 C	1 C	English Fish	3 oz	3 oz	Chili Con Carne	1 C	1 C.	Curry Chicken Salad	1 ea	1 ea	Chicken Gumbo	1 C	1 C
Low Fat Pizza Bagel	2 slic	2 slic	Chips	2 oz	4 oz	Brown Rice	¼ C	½ C	on a Hot Dog Roll			Boneless BBQ Rib	1 ea	1 ea
Broccoli Florets	1 C	1 C	Chopped Spinach	1 C	1 C	WW Breadsticks	1 ea	1 ea	Mediterranean Blend	1 C	1 C	On WW Club Roll		
Fresh Orange	1 ea.	1 ea	WW Dinner Roll	1 ea	1 ea	Salad Bar	salad	salad	Pears	1 ea	1 ea	Honey Carrot Coins	1 C	1 C
Assorted Milk	8 oz	8 oz	Banana	1 ea	1 ea	Fresh Apple	1 ea	1 ea	Assorted Milk	8 oz	8 oz	Pineapple Chunks	1 C	1 C
			Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Salad Bar	salad	salad	Assorted Milk	8 oz	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	1 C	1 C	Baked Ziti	1/2 C	1 C	Hamburger on Roll	1 ea	1 ea	Chicken Ranch Wrap	1 ea	1 ea	Pasta Fagioli	1 C	1 C
Turkey on Flatbread	1 ea	1 ea	Mustard Greens	1 C	1 C	Baked Beans	½ C	¾ C	Roasted Root Veg	1 C	1 C	Tuna Salad on a	1 ea	1 ea
w/ Let & Tom			Banana	1 ea	1 ea	Corn	1/2	1/2 C	Pears	1 ea	1 ea	Whole Grain		
Green Beans	1/2 C	1 C	Assorted Milk	8 oz	8 oz	Fresh Apple	1 ea.	1 ea	Assorted Milk	8 oz	8 oz	Goldfish Roll		
Salad Bar		Salad	Salad Bar	Salad	Salad	Assorted Milk	8 oz	8 oz	Salad Bar	Salad	Salad	Steamed Carrots	1 C	1 C
Fresh Orange	1 ea	1 ea										Pineapple Chunks	1 C	1 C
Assorted Milk	8 oz	8 oz										Assorted Milk	8 oz	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	1 C	1 C	Grilled Lemon	3 oz	3 oz	Meatballs w/	2 oz	2 oz	Beef Stir Fry	¾ C	3/4	Northern Bean	1 C	1 C
Pulled Pork BBQ	1 ea	1 ea	Chicken			Penne Pomodoro	1/2C	1 C	W/Japanese veg.	1 C	1 C	Soup		
On a WW Roll			Broccoli Florets	1 C	1 C	Roasted Sesame			Brown Rice	1/2 C	3/4 C	Ham on a Whole	1 ea	1 ea
Cole Slaw	½ C	½ C	Rice Pilaf	½ C	½ C	Green Beans	1 C	1 C	Egg Roll	1 ea.	1 ea.	Grain Roll		
Fresh Orange	1 ea	1 ea	WW Dinner Roll	1 ea	1 ea	Garlic Bread	1 ea	1 ea	Pears	1 ea	1 ea	Roast Sweet Potato	¾ C	1 C
Assorted Milk	8 oz	8 oz	Banana	1 ea	2 ea	Fresh Apple	1 ea	1 ea	Assorted Milk	8 oz	8 oz	Pineapple Chunks	1 C	1 C
			Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz				Assorted Milk	8 oz	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	3/4 C	1 C	Grilled Chicken Sand	3oz	3oz	Vegetable Soup	1 C	1 C	Cold Turkey	1 ea	1 ea	Fish sandwich	1 ea	1 ea
Grilled Cheese Sand	1 ea	1 ea	On a WW Roll	1ea	1ea	Beef & Bean Burrito	1 ea	2 ea	Sandwich			on a WW Roll		
3 Bean Salad	½ C	1/2 C	Pasta Salad	½ C	½ C	Steamed Broccoli	1 C	1 C	Sweet Potato Fries	1/2 C	3/4 C	Sautéed Spinach	1 C	1 C
Fresh Orange	1 ea	1 ea	Rstd. Brussel Sprouts	1 C	1 C	Fresh Apple	1 ea	1 ea	Pears	1 ea	1 ea	Pineapple Chunks	1 c	1 c
Assorted Milk	8 oz	8 oz	Banana	1 ea	1 ea	Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz
Salad Bar		Salad	Assorted Milk	8 oz	8 oz									

ALL BREAKFASTS

- Oatmeal - three or four varieties of cold cereal
- Assorted juices

ALL MEALS

- 1%, Skim, and FF Chocolate Milk
- Peanut butter, applesauce, , regular and sugar free jelly
- 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.*