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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 |
| Low Fat Pizza Broccoli FloretsFresh Orange Assorted Milk  | 2 slic1 C1 ea.8 oz | 2 slic1 C1 ea8 oz | English Fish Chips Chopped SpinachWW Dinner RollBananaAssorted Milk | 3 oz2 oz1 C1 ea1 ea8 oz | 3 oz4 oz1 C1 ea1 ea8 oz | Chili Con CarneBrown RiceWW BreadsticksSalad BarFresh AppleAssorted Milk | 1 C ½ C1 easalad1 ea8 oz | 1 C.½ C1 easalad1 ea8 oz | Curry Chicken Salad on a Hot Dog RollMediterranean BlendPearsAssorted MilkSalad Bar | 1 ea1 C1 ea8 ozsalad | 1 ea1 C1 ea8 ozsalad | Boneless BBQ RibOn WW Club RollHoney Carrot CoinsPineapple ChunksAssorted Milk | 1 ea1 C1 C8 oz | 1 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 |
| Turkey on Flatbread w/ Let & TomGreen BeansSalad BarFresh OrangeAssorted Milk | 1 ea1/2 C1 ea8 oz | 1 ea1 CSalad1 ea8 oz | Baked ZitiMustard GreensBananaAssorted MilkSalad Bar | 1/2 C1 C1 ea8 ozSalad | 1 C1 C1 ea8 ozSalad | Hamburger on a Whole Wheat Roll Baked BeansCornFresh AppleAssorted Milk | 1 ea½ C1/2 1 ea.8 oz | 1 ea¾ C1/2 C1 ea8 oz | Chicken Ranch WrapRoasted Zucchini PearsAssorted MilkSalad Bar | 1 ea1 C1 ea8 ozSalad | 1 ea1 C1 ea8 ozSalad | Tuna Salad on a Whole Wheat RollSteamed CarrotsPineapple ChunksAssorted Milk | 1 ea1 C1 C8 oz | 1 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 |
| Pulled Pork BBQOn a WW RollBlack Bean SaladCole SlawFresh OrangeAssorted Milk | 1 ea½ C½ C1 ea8 oz | 1 ea½ C½ C1 ea8 oz | Grilled Lemon ChickenBroccoli FloretsRice PilafWW Dinner RollBananaAssorted Milk | 3 oz1 C½ C1 ea1 ea8 oz | 3 oz1 C½ C1 ea2 ea8 oz | Meatballs w/Penne Pomodoro Roasted Sesame Green BeansGarlic BreadFresh AppleAssorted Milk | 2 oz1/2C 1 C1 ea1 ea8 oz | 2 oz1 C1 C1 ea1 ea8 oz | Beef Stir FryW/Japanese veg. Brown RiceEgg Roll PearsAssorted Milk | ¾ C1 C 1/2 C1 ea.1 ea8 oz | 3/4 1 C3/4 C1 ea. 1 ea8 oz | Ham on a Whole Wheat RollRoast Sweet PotatoPineapple ChunksAssorted Milk  | 1 ea¾ C1 C8 oz | 1 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 Sand3 Bean SaladFresh OrangeAssorted MilkSalad Bar | 3/4 C1 ea½ C1 ea8 oz | 1 C1 ea1/2 C1 ea8 ozSalad | Grilled Chicken SandOn a WW RollPasta Salad Rstd. Brussel SproutsBananaAssorted Milk | 3oz1ea½ C1 C1 ea8 oz | 3oz1ea½ C1 C1 ea8 oz | Sloppy Joe on a Whole Wheat RollSteamed BroccoliFresh AppleAssorted Milk | 1 ea1 C1 ea8 oz | 2 ea1 C1 ea8 oz | Cold Turkey SandwichSweet Potato FriesPearsAssorted Milk | 1 ea1/2 C1 ea8 oz | 1 ea3/4 C1 ea8 oz | Fish sandwichon a WW RollSautéed SpinachPineapple ChunksAssorted Milk | 1 ea1 C1 c8 oz | 1 ea1 C1 c8 oz |

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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, hummus, regular dressing and fat-free dressing.
 | 1. 1% Milk, Skim Milk, and 1% Chocolate Milk
2. Assorted Fresh Fruits
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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.*