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