

LUNCH

2020/2021

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	1 slice	2 slice	English Fish	1 ea.	2 ea.	Chili Con Carne	1 C	1 C.	Chicken Salad on a	1 ea	1 ea	BBQ Chicken	1 ea	1 ea
Steamed Broccoli	1 C	1 C	Chips	2 oz	3 oz	Brown Rice	½ C	1 C	WW Hot Dog Roll			On WW Roll		
Fresh Orange	1 ea.	1 ea	Steamed Spinach	1 C	1 C	Corn	1 C	1 C	Three Bean Salad	¾ C	1 C	Honey Carrot Coins	1 C	1 C
Assorted Milk	8 oz	8 oz	WW Dinner Roll	1 ea	2 ea	Fresh Apple	1 ea	1 ea	Fresh Pears	1 ea	1 ea	WW Dinner Roll	1 ea	2 ea
			Banana	1 ea	1 ea	Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Fresh Orange	1 ea.	1 ea.
			Assorted Milk	8 oz	8 oz							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
Chicken Tenders	4 oz	6 oz	Mac N' Cheese	1 C	1 C	Cheeseburger on a	1 ea	1 ea	Chicken Parmesan	1 ea	1 ea	Tuna Salad on a	1 ea	1 ea
Green Beans	1 C	1 C	Stewed Tomatoes	1 C	1 C	WW Roll			Steamed Broccoli	1 C	1 C	WW Roll		
WW Dinner Roll	1 ea.	2 ea.	Peas	½ C	1 C	Lettuce & 2 Sl. Tom.	1 ea.	1 ea	WW Dinner Roll	1 ea.	2 ea.	Lettuce & 2 Sl. Tom.	1 ea.	1 ea.
Fresh Orange	1 ea	1 ea	Banana	1 ea	1 ea	Baked Beans L/S	1/2C	¾ C	Fresh Pears	1 ea	1 ea	Cole Slaw	1/2C	¾C
Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Fresh Apple	1 ea	1 ea	Assorted Milk	8 oz	8 oz	Fresh Orange	1 ea	1 ea
						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
Pulled Pork BBQ	3 oz	6 oz	Grilled Lemon	4 oz	4 oz	Grilled Cheese Sand	1 ea	1 ea	Chicken Stir Fry w/	1.25C	2 C	Meatball Sub	1 ea	1 ea
On a WW Roll			Chicken			Roasted Root Veg	1 C	1 C	Japanese Blend Veg			Roast Sweet Potato	½ C	1 C
Steamed Broccoli	1C	1 C	Peas	¾ C	1 C	French Fries	2 oz	4 oz	Brown Rice	1/2 C	1 C	Succotash	½ C	1 C
Fresh Orange	1 ea	1 ea	Brown Rice Pilaf	1/2 C	1 C	Fresh Apple	1 ea	1 ea	Egg Roll	1 ea	1 ea	Fresh Orange	1 ea	1 ea
Assorted Milk	8 oz	8 oz	Banana	1 ea	1 ea	Assorted Milk	8 oz	8 oz	Fresh Pears	1 ea	1 ea	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
Baked Ziti	1 C	1.25C	Chicken Patty	3.5oz	3.5oz	Beef BBQ on a WW	1 ea	1 ea	Turkey Ranch Wrap	1 ea	1 ea	Fish sandwich WW	1 ea	1 ea
Carrots	1 C	1 C	On a WW Roll			Roll			Broccoli Salad	1/2 C	1 C	Cheese	1 Sl	1 Sl
Garlic Bread	1 ea	1 ea	Lettuce & 2 Sl. Tom.	1 ea.	1 ea.	S.W. Pinto Beans	½ C	1 C	WW Dinner Roll	1 ea	2 ea	Lettuce & 2 Sl. Tom.	1 ea.	1 ea.
Fresh Orange	8 oz	8 oz	Mayo Packet	1 C	1 ea.	Corn	1 C	1 C	Fresh Pears	1 ea	1 ea	Mayo Packet	1 ea.	1 ea.
Assorted Milk			Rstd Green Beans	1 C	1 C	Fresh Apple	1 ea	1 ea	Assorted Milk	8 oz	8 oz	Rstd Zucchini	1 C	1 C
			Banana	1 ea	1 ea	Assorted Milk	8 oz	8 oz				Fresh Orange	1 ea	1 ea
			Assorted Milk	8 oz	8 oz							Assorted Milk	8 oz	8 oz

ALL BREAKFASTS

ALL LUNCHES

ALL BREAKFASTS AND LUNCHES
 • 1%, Skim, and FF Chocolate Milk
 • Assorted Fresh 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.