|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |
| Shrimp Creole  Brown Rice  Roasted Cauliflower  Fresh Orange  Assorted Milk | 1 C  1 C  1 C  1 ea.  8 oz | 1.25C  1.25C  1 C  1 ea  8 oz | Pizza Crunchers  Steamed Broccoli  WW Dinner Roll  Banana  Assorted Milk | 3 ea  1 C  1 ea.  1 ea.  8 oz | 5 ea  1 C  1 ea.  1 ea  8 oz | Chili Con Carne  Brown Rice  Corn  Fresh Apple  Assorted Milk | 1 C  ½ C  1 C  1 ea  8 oz | 1 C.  1 C  1 C  1 ea  8 oz | BBQ Chicken  On WW Roll  Honey Carrot Coins  Cheddar Popcorn  Fresh Pears  Assorted Milk | 1 ea  1 C  1 ea.  1 ea  8 oz | 1 ea  1.25C  1 ea.  1 ea  8 oz | Chicken Salad w/ WW Hot Dog Roll  Black Bean & Corn  Salad  Fresh Orange  Assorted Milk | 1 ea  ¾ C  1 ea.  8 oz | 1 ea  1 C  1 ea.  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  w/ Honey Mustard  Sweet Potato, Baked  WW Dinner Roll  Fresh Orange  Assorted Milk | 3 ea  1.5oz  1 ea.  1 ea.  1 ea  8 oz | 4 ea  1.5oz  1 ea.  1 ea.  1 ea  8 oz | Hot Dog on WW Roll  Ketchup Packet  Baked Beans  Banana  Assorted Milk | 1 ea  1 ea. 3/4 C  1 ea  8 oz | 1 ea  1 ea.  1 C  1 ea  8 oz | Hamburger/WW Roll  Ketchup Packets  Lettuce & 2 Sl. Tom.  French Fries  Fresh Apple  Assorted Milk | 1 ea  2 ea.  1 ea.  3/4C  1 ea  8 oz | 1 ea  2 ea.  1 ea  1 C  1 ea  8 oz | Chicken Teriyaki  Steamed Broccoli  Brown Rice  Fresh Pears  Assorted Milk | 1 ea  1 C  ¾ C  1 ea  8 oz | 1 ea  1 C  1.5 C  1 ea  8 oz | Tuna Salad on a WW Roll  Lettuce & 2 Sl. Tom.  Cole Slaw  Fresh Orange  Assorted Milk | 2 oz.  1 ea.  1/2C  1 ea  8 oz | 4 oz.  1 ea.  1 C  1 ea  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  Steamed Broccoli  Fresh Orange  Assorted Milk | 3 oz  1C  1 ea  8 oz | 6 oz  1 C  1 ea  8 oz | Popcorn Chicken  w/ Honey Mustard  Lima Beans  WW Dinner Roll  Banana  Assorted Milk | 2.75oz  1.5oz  3/4 C  1 ea.  1 ea  8 oz | 3 oz  1.5oz  1 C  1 ea.  1 ea  8 oz | Stuffed Crst Dippers  w / Marinara  Roasted Zucchini  Garlic Bread  Fresh Apple  Assorted Milk | 2 EA  2 oz.  1 C  1 ea.  1 ea  8 oz | 2 EA  2 oz.  1 C  1 ea.  1 ea  8 oz | Chicken Stir Fry w/  Japanese Blend Veg  Brown Rice  Peas  Fresh Pears  Assorted Milk | 1 C    3/4 C  ¾ C  1 ea  8 oz | 1.25C  1.25C  1 C  1 ea  8 oz | Turkey & Chs. Sub  Lettuce & 2 Sl. Tom.  Mayo Packet  Fresh Baby Carrots  Ranch Cup  Fresh Orange  Assorted Milk | 1 ea  1 ea.  1 ea. 3/4C  1 oz  1 ea  8 oz | 1 ea  1 ea.  1 ea.  1 C  1 oz  1 ea  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 |
| Lasagna Roll Up  w/ Marinara  Steamed Carrots  Garlic Bread  Fresh Orange  Assorted Milk | 1 ea  2 oz.  1 C  1 ea  8 oz | 1 ea  2 oz.  1 C  1 ea  8 oz | Chicken Patty/ WW Roll  Mayo Packet  Lettuce & 2 Sl. Tom.  Rsted Green Beans  Banana  Assorted Milk | 1 ea.  1 ea.  1 ea.  1 C  1 ea  8 oz | 1 ea.  1 ea.  1 ea.  1 C  1 ea  8 oz | **Nachos Grande**  Taco Meat  Tortilla Chips WG  Nachos Garnish  S.W. Pinto Beans  Fresh Apple  Assorted Milk | 1.5oz  1 ea.  1 ea.  ½ C  1 ea  8 oz | 3 oz.  1 ea.  1 ea.  1 C  1 ea  8 oz | Fish sandwich on WW roll  Lettuce & 2 Sl. Tom.  Tartar Sauce  Corn  Fresh Pears  Assorted Milk | 1 ea.  1 ea.  1 ea.  1/2 C  1 ea  8 oz | 1 ea.  1 ea.  1 ea.  1 C  1 ea  8 oz | Chicken Ranch Wrap  Broccoli Salad  Fresh Orange  Assorted Milk | 1 ea  ¾ C  1 ea  8 oz | 1 ea  1 C  1 ea  8 oz |

|  |  |  |
| --- | --- | --- |
| **ALL BREAKFASTS** | **ALL LUNCHES** | **ALL BREAKFASTS AND LUNCHES** |
|  |  | 1. 1%, Skim, and FF Chocolate Milk 2. 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. *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.*