

**LUNCH**

**Fall 2022**

<b>WEEK 1</b>														
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 ea 1 C 1 ea. 1 ea 8 oz	1 ea 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 1 ea ¾ C 1 ea. 1 ea 8 oz	1 ea 1 ea 1 C 1 ea. 1 ea 8 oz
<b>WEEK 2</b>														
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. ¾ 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. ¾ C 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
<b>WEEK 3</b>														
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 1 C 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 ¾ 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 ¾ 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. ¾ C 1 oz 1 ea 8 oz	1 ea 1 ea. 1 ea. 1 C 1 oz 1 ea 8 oz
<b>WEEK 4</b>														
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. 1 ea. ½ C 1 ea 8 oz	3 oz. 1 ea. 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 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 1 ea 8 oz	1 ea 1 C 1 ea 1 ea 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. 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.