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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 |
| Shrimp Creole  Brown Rice  Roasted Cauliflower  Fresh Orange  Assorted Milk | 1 C  1/2 C  1 C  1 ea.  8 oz | 1.25C  1 C  1 C  1 ea  8 oz | Italian Wed. Soup  French Bread. Pizza  w/ Turkey Pepperoni  Steamed Spinach  Banana  Assorted Milk | ½ C  1 ea.  1 C  1 ea.  8 oz | 1 C  1 ea.  1 C  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 C  1 ea.  1 ea  8 oz | Chicken Salad w/ WW Hot Dog Roll  Chick Pea Salad  Fresh Orange  Assorted Milk | 1 ea  3/4 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 Fries  Fresh Orange  Assorted Milk | 3 ea  1.5oz  ¾ C  1 ea  8 oz | 4 ea  1.5oz  1 C  1 ea  8 oz | Turkey 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 | Meatball Sub  Ketchup Packets  French Fries  Fresh Apple  Assorted Milk | 1 ea  1 ea.  3/4 C  1 ea  8 oz | 1 ea  1 ea.  1 C  1 ea  8 oz | Chicken Teriyaki  Roasted Zucchini  Brown Rice  Fresh Pears  Assorted Milk | 4 oz.  1 C  1/2 C  1 ea  8 oz | 4 oz.  1 C  1 C  1 ea  8 oz | Tuna Salad on a WW Roll  Lettuce & 2 Sl. Tom.  Broccoli Salad  Fresh Orange  Assorted Milk | 2 oz.  1 ea.  1/2C  1 ea  8 oz | 2 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 |
| Popcorn Chicken  Honey Mustard  3 Bean Salad  WW Dinner Roll  Fresh Orange  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 | Ham and Swiss Sand.  Mayo Packet  Lettuce & 2 Sl. Tom.  Cole Slaw  Banana  Assorted Milk | 1 ea.  1 ea.  1 ea.  1/2 C  1 ea  8 oz | 1 ea.  1 ea.  1 ea.  3/4 C  1 ea  8 oz | Minestrone Soup  Stuffed Crst Dippers  w / Marinara  Steamed Broccoli  Fresh Apple  Assorted Milk | ½ C  2 EA  2 oz.  1 C  1 ea  8 oz | 1 C  2 EA  2 oz.  1 C  1 ea  8 oz | Beef N’ Mac  Peas  Fresh Pears  Assorted Milk | 1 C  3/4 C  1 ea  8 oz | 1 C  1 C  1 ea  8 oz | Turkey & Chs. Sub  Lettuce & 2 Sl. Tom.  Mayo Packet  Carrots w/ Ranch  Fresh Orange  Assorted Milk | 1 ea  1 ea.  1 ea. 3/4C  1 ea  8 oz | 1 ea  1 ea.  1 ea.  1 C  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 Texas Tst.  Fresh Orange  Assorted Milk | 1 ea  2 oz.  1 C  1 ea.  1 ea  8 oz | 1 ea  2 oz.  1 C  2 ea.  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.  2 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.  2 ea.  1 C  1 ea  8 oz | **Chicken Caesar Sal.**  Romaine Lettuce  Chicken Breast  Caesar Garnish  Garlic Bread Stick  Fresh Orange  Assorted Milk | 2 C  1 ea.  1 ea.  1 ea.  1 ea  8 oz | 2 C  1 ea.  1 ea.  1 ea.  1 ea  8 oz |

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| **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.*