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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 |
| Hamburger on WG RollFrench Fries Ketchup Packet Fresh OrangeAssorted Milk  | 1 each3/4 C1 ea.1 ea.8 oz. | 1each1 C1 ea.1 ea.8 oz. | French Bread. Pizza w/ Turkey PepperoniSteamed SpinachBananaAssorted Milk | 1 each3/4 C1 ea. 8 oz. | 1each1 C 1 ea.8 oz. | Chili Con CarneBrown RiceRoasted CauliflowerFresh AppleAssorted Milk | 3/4 C½ C3/4 C1 ea.8 oz. | 1 C.1 C 1 C1 ea.8 oz. | BBQ Chicken On WG RollHoney Carrot CoinsCheddar PopcornFresh PearsAssorted Milk | 1 ea.1 C1 ea.1 ea.8 oz. | 1 ea.1 C1 ea. 1 ea.8 oz. | Chicken Salad w/ WG Hot Dog Roll Chick Pea SaladFresh OrangeAssorted Milk | 1.75 oz.3/4 C1 ea.8 oz. | 3 oz.1 C1 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 Sweet Potato Fries Ketchup Packet WG Dinner Roll (9-12) Fresh OrangeAssorted Milk | 2 ea.¾ C2 ea. 1 ea.8 oz. | 3 ea.1 C2 ea. 1 ea. 1 ea.8 oz. | Turkey Hot Dog on WG RollKetchup PacketMustard Packet Baked Beans BananaAssorted Milk | 1 ea.1 ea. 1 ea. 3/4 C1 ea.8 oz. | 1 ea.1 ea. 1 ea. 1 C 1 ea.8 oz. | Meatball Sub French Fries Ketchup Packet Fresh AppleAssorted Milk | 1 ea.3/4 C1 ea.1 ea.8 oz. | 1 ea.1 C1 ea. 1 ea.8 oz. | Chicken Teriyaki Roasted ZucchiniBrown Rice Fresh PearsAssorted Milk | 1 ea.3/4 C1/2 C1 ea.8 oz. | 1 ea. 1 C1 C1 ea.8 oz. | PB & Jelly SandwichSide SaladRanch CupCheese Stick (9-12)Fresh OrangeAssorted Milk | 1 ea. 1 ea. 1 ea.1 ea.8 oz. | 1 ea. 1 ea. 1 ea.2 ea. 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 Lima BeansKetchup Packet WG Dinner Roll (9-12)Fresh OrangeAssorted Milk | 12 ea.3/4 C 2 ea.1 ea.8 oz. | 18 ea.1 C2 ea. 1 ea. 1 ea.8 oz. | Ham and Swiss Sand. Lettuce & 2 Sl. Tom. Cole SlawMayo Packet BananaAssorted Milk | 1 ea. 1 ea. 1/2 C 1 ea. 1 ea.8 oz. | 1 ea. 1 ea. 3/4 C1 ea. 1 ea.8 oz. | Stuffed Crust Dippersw / Marinara Steamed BroccoliFresh AppleAssorted Milk | 2 EA2 oz. 3/4 C1 ea.8 oz. | 3 EA 2 oz. 1 C1 ea.8 oz. | Beef N’ MacPeasGarlic Bread Fresh PearsAssorted Milk | 1 C1/2 C1 ea. 1 ea.8 oz. | 1.5 C3/4 C2 ea. 1 ea.8 oz. | Turkey & Chs. SubLettuce & 2 Sl. Tom.Baby Carrots Mayo PacketRanch Cup Fresh OrangeAssorted Milk  | 1 ea1 ea.5 oz.1 ea. 1 oz. 1 ea.8 oz. | 1 ea1 ea.5 oz. 1 ea. 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 |
| Scrambled Eggs WG WafflePotato Hash brownsSyrup PacketFresh OrangeAssorted Milk | 2 oz. 1 ea. 3/4Cup1 ea.1 ea.8 oz. | 3.5 oz. 2 ea. 1 Cup1 ea.1 ea.8 oz. | Chicken Patty/ WG RollLettuce & 2 Sl. Tom.Ketchup Packet Roasted Green BeansBananaAssorted Milk | 1 ea.1 ea.1 ea. 3/4 C1 ea.8 oz. | 1 ea. 1 ea.1 ea. 1 C1 ea.8 oz. | **Nachos Grande**Taco MeatTortilla Chips WGNachos GarnishTexas Ranchero BeansFresh AppleAssorted Milk | 1.5oz1 ea.1 ea. ½ C1 ea.8 oz. | 3 oz. 1 ea. 1 ea. 1 C1 ea.8 oz. | Fish sandwich on WG roll Lettuce & 2 Sl. Tom.Steamed CarrotsFresh PearsAssorted Milk | 1 ea.1 ea.¾ C1 ea.8 oz. | 1 ea.1 ea.1 C1 ea.8 oz. | **Chicken Caesar Sal.**Romaine LettuceChicken Breast Caesar GarnishGarlic Bread StickFresh OrangeAssorted Milk | 2 C1 ea.1 ea. 1 ea. 1 ea.8 oz. | 2 C1 ea.1 ea. 2 ea. 1 ea.8 oz. |

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| **ALL BREAKFASTS** | **ALL 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.

This institution is an equal opportunity provider./Esta institucion es un proveedor que brinda igualdad de oportunidades.