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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 Roll  French Fries  Ketchup Packet  Fresh Orange  Assorted Milk | 1 each  3/4 C  1 ea.  1 ea.  8 oz. | 1each  1 C  1 ea.  1 ea.  8 oz. | French Bread. Pizza  w/ Turkey Pepperoni  Steamed Spinach  Banana  Assorted Milk | 1 each  3/4 C  1 ea.  8 oz. | 1each  1 C  1 ea.  8 oz. | Chili Con Carne  Brown Rice  Roasted Cauliflower  Fresh Apple  Assorted Milk | 3/4 C  ½ C  3/4 C  1 ea.  8 oz. | 1 C.  1 C  1 C  1 ea.  8 oz. | BBQ Chicken  On WG 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/ WG  Hot Dog Roll  Chick Pea Salad  Fresh Orange  Assorted Milk | 1.75 oz.  3/4 C  1 ea.  8 oz. | 3 oz.  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  Sweet Potato Fries  Ketchup Packet  WG Dinner Roll (9-12)  Fresh Orange  Assorted Milk | 2 ea.  ¾ C  2 ea.  1 ea.  8 oz. | 3 ea.  1 C  2 ea.  1 ea.  1 ea.  8 oz. | Turkey Hot Dog on WG Roll  Ketchup Packet  Mustard Packet  Baked Beans  Banana  Assorted Milk | 1 ea.  1 ea.  1 ea.  3/4 C  1 ea.  8 oz. | 1 ea.  1 ea.  1 ea.  1 C  1 ea.  8 oz. | Meatball Sub  French Fries  Ketchup Packet  Fresh Apple  Assorted Milk | 1 ea.  3/4 C  1 ea.  1 ea.  8 oz. | 1 ea.  1 C  1 ea.  1 ea.  8 oz. | Chicken Teriyaki  Roasted Zucchini  Brown Rice  Fresh Pears  Assorted Milk | 1 ea.  3/4 C  1/2 C  1 ea.  8 oz. | 1 ea.  1 C  1 C  1 ea.  8 oz. | PB & Jelly Sandwich  Side Salad  Ranch Cup  Cheese Stick (9-12)  Fresh Orange  Assorted 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 Beans  Ketchup Packet  WG Dinner Roll (9-12)  Fresh Orange  Assorted Milk | 12 ea.  3/4 C  2 ea.  1 ea.  8 oz. | 18 ea.  1 C  2 ea.  1 ea.  1 ea.  8 oz. | Ham and Swiss Sand.  Lettuce & 2 Sl. Tom.  Cole Slaw  Mayo Packet  Banana  Assorted Milk | 1 ea.  1 ea.  1/2 C  1 ea.  1 ea.  8 oz. | 1 ea.  1 ea.  3/4 C  1 ea.  1 ea.  8 oz. | Stuffed Crust Dippers  w / Marinara  Steamed Broccoli  Fresh Apple  Assorted Milk | 2 EA  2 oz.  3/4 C  1 ea.  8 oz. | 3 EA  2 oz.  1 C  1 ea.  8 oz. | Beef N’ Mac  Peas  Garlic Bread  Fresh Pears  Assorted Milk | 1 C  1/2 C  1 ea.  1 ea.  8 oz. | 1.5 C  3/4 C  2 ea.  1 ea.  8 oz. | Turkey & Chs. Sub  Lettuce & 2 Sl. Tom.  Baby Carrots  Mayo Packet  Ranch Cup  Fresh Orange  Assorted Milk | 1 ea  1 ea.  5 oz.  1 ea.  1 oz.  1 ea.  8 oz. | 1 ea  1 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 Waffle  Potato Hash browns  Syrup Packet  Fresh Orange  Assorted Milk | 2 oz.  1 ea.  3/4Cup  1 ea.  1 ea.  8 oz. | 3.5 oz.  2 ea.  1 Cup  1 ea.  1 ea.  8 oz. | Chicken Patty/ WG Roll  Lettuce & 2 Sl. Tom.  Ketchup Packet  Roasted Green Beans  Banana  Assorted Milk | 1 ea.  1 ea.  1 ea.  3/4 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  Texas Ranchero 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 WG roll  Lettuce & 2 Sl. Tom.  Steamed Carrots  Fresh Pears  Assorted Milk | 1 ea.  1 ea.  ¾ C  1 ea.  8 oz. | 1 ea.  1 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.  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.