|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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  1.25 C  1 ea.  1 ea.  8 oz. | Cheese Pizza  Honey Carrots  Banana  Assorted Milk | 1 each  3/4 C  1 ea.  8 oz. | 2each  1 C  1 ea.  8 oz. | Beef & Cheese Burrito  Roasted Zucchini  Fresh Apple  Assorted Milk | 1 ea.  3/4 C  1 ea.  8 oz. | 1 ea.  1 C  1 ea.  8 oz. | Chicken Parmesan  Steamed Broccoli  Garlic Bread  Fresh Pears  Assorted Milk | 1 ea.  3/4 C  1 ea.  1 ea.  8 oz. | 1 ea.  1 C  2 ea.  1 ea.  8 oz. | Turkey Bologna w/  Cheese Sandwich  Black Bean 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 Nuggets  Tater Tots  Ketchup Packet  WG Dinner Roll (9-12)  Fresh Orange  Assorted Milk | 5 ea.  3/4 C  1 ea.  1 ea.  1 ea.  8 oz. | 8 ea.  1 C  1 ea.  2 ea.  1 ea.  8 oz. | Cincinnati Chili  Spaghetti  Kidney Beans  Cheddar Cheese  Banana  Assorted Milk | ½ C  ½ C  3/4 C  ¼ oz.  1 ea.  8 oz. | ¾ C  1 C  1 C  ¼ oz.  1 ea.  8 oz. | Meatball Sub  Baked Sweet Potato  Cheese Stick  Fresh Apple  Assorted Milk | 1 ea.  ½ ea.  1 ea.  1 ea.  8 oz. | 1 ea.  1 ea.  1 ea.  1 ea.  8 oz. | Steamed Chicken Dumplings w/ sauce  Napa Cabbage  Fresh Pears  Assorted Milk | 6 ea.  .25 oz.  3/4 C  1 ea.  8 oz. | 6 ea.  .25oz.  1 C  1 ea.  8 oz. | PB & Jelly Sandwich  Side Salad  Ranch Cup  Cheese Stick  Fresh Orange  Assorted Milk | 1 ea.  1 ea.  1 oz.  2 ea.  1 ea.  8 oz. | 1 ea.  1 ea.  1 oz.  1 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 |
| Chicken Tenders  Steam Spinach  Ketchup Packet  WG Dinner Roll (9-12)  Fresh Orange  Assorted Milk | 2 ea.  3/4 C  2 ea.  1 ea.  1 ea.  8 oz. | 3 ea.  1 C  2 ea.  1 ea.  1 ea.  8 oz. | Mac N’ Cheese  Steamed Carrots  Banana  Assorted Milk | 1 C  ¾ C  1 ea.  8 oz. | 1.5 C  1 C  1 ea.  8 oz. | White Bean Chicken Chili  Tortilla Chips WG  Roasted Cauliflower  Fresh Apple  Assorted Milk | 3/4 C  1 ea. 3/4 C  1 ea.  8 oz. | 1 C  1 ea.  1 C  1 ea.  8 oz. | Baked Potato  Seasoned Ground Beef  Chopped Broccoli  Cheddar Cheese  Garlic Bread  Fresh Pears  Assorted Milk | 1 ea.  1/2 oz.  1/2 C  ½ oz.  1 ea.  1 ea.  8 oz. | 1 ea.  1 oz. 1/2 C  1 oz.  2 ea.  1 ea.  8 oz. | Italian Cold Cut Sub  Lettuce & 2 Sl. Tom.  Chick Pea Salad  Mayo Packet  Fresh Orange  Assorted Milk | 1 ea.  1 ea.  1/2 C  1 ea.  1 ea.  8 oz. | 1 ea.  1 ea.  1 C  1 ea.  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 | 1.75oz.  1 ea.  3/4Cup  1 ea.  1 ea.  8 oz. | 3.5 oz.  2 ea.  1 Cup  1 ea.  1 ea.  8 oz. | Italian Chicken Sausage Sandwich  Peppers & Onions  Ketchup Packet  Roasted Green Beans  Banana  Assorted Milk | 1 ea.  1/4 C  1 ea.  3/4 C  1 ea.  8 oz. | 1 ea.  1/4 C  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 oz.  1 ea.  1 ea.  ½ C  1 ea.  8 oz. | 2 oz.  1 ea.  1 ea.  1 C  1 ea.  8 oz. | Stuffed Crust Dippers  w / Marinara  Baked Sweet Potato  Fresh Pears  Assorted Milk | 2 ea.  2 oz.  ½ ea.  1 ea.  8 oz. | 3 ea.  2 oz.  1 ea.  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. |

|  |  |  |
| --- | --- | --- |
| **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.