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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. | 1each1.25 C1 ea.1 ea.8 oz. | Cheese Pizza Honey Carrots BananaAssorted Milk | 1 each3/4 C1 ea. 8 oz. | 2each1 C 1 ea.8 oz. | Beef & Cheese BurritoRoasted Zucchini Fresh AppleAssorted Milk | 1 ea.3/4 C1 ea.8 oz. | 1 ea. 1 C1 ea.8 oz. | Chicken Parmesan Steamed BroccoliGarlic Bread Fresh PearsAssorted Milk | 1 ea.3/4 C1 ea.1 ea.8 oz. | 1 ea.1 C2 ea. 1 ea.8 oz. | Turkey Bologna w/ Cheese SandwichBlack Bean Salad Fresh OrangeAssorted Milk | 1 ea.3/4 C1 ea.8 oz. | 1 ea.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 Nuggets Tater Tots Ketchup Packet WG Dinner Roll (9-12) Fresh OrangeAssorted Milk | 5 ea.3/4 C1 ea. 1 ea.1 ea.8 oz. | 8 ea.1 C1 ea. 2 ea. 1 ea.8 oz. | Cincinnati Chili Spaghetti Kidney Beans Cheddar CheeseBananaAssorted Milk | ½ C½ C 3/4 C¼ oz. 1 ea.8 oz. |  ¾ C1 C 1 C ¼ oz.1 ea.8 oz. | Meatball Sub Baked Sweet PotatoCheese Stick Fresh AppleAssorted 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/ sauceNapa Cabbage Fresh PearsAssorted Milk | 6 ea..25 oz. 3/4 C1 ea.8 oz. | 6 ea. .25oz. 1 C1 ea.8 oz. | PB & Jelly SandwichSide SaladRanch CupCheese Stick Fresh OrangeAssorted 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 SpinachKetchup Packet WG Dinner Roll (9-12)Fresh OrangeAssorted Milk | 2 ea.3/4 C 2 ea.1 ea. 1 ea.8 oz. | 3 ea.1 C2 ea. 1 ea. 1 ea.8 oz. | Mac N’ Cheese Steamed CarrotsBananaAssorted Milk  | 1 C¾ C1 ea.8 oz. | 1.5 C 1 C 1 ea.8 oz. | White Bean Chicken ChiliTortilla Chips WGRoasted Cauliflower Fresh AppleAssorted Milk | 3/4 C1 ea. 3/4 C1 ea.8 oz. | 1 C 1 ea. 1 C1 ea. 8 oz. | Baked PotatoSeasoned Ground BeefChopped BroccoliCheddar Cheese Garlic Bread Fresh PearsAssorted Milk | 1 ea.1/2 oz.1/2 C½ oz. 1 ea. 1 ea.8 oz. | 1 ea. 1 oz. 1/2 C1 oz.2 ea. 1 ea.8 oz. | Italian Cold Cut Sub Lettuce & 2 Sl. Tom.Chick Pea Salad Mayo PacketFresh OrangeAssorted Milk  | 1 ea.1 ea.1/2 C1 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 WafflePotato Hash brownsSyrup PacketFresh OrangeAssorted Milk | 1.75oz. 1 ea. 3/4Cup1 ea.1 ea.8 oz. | 3.5 oz. 2 ea. 1 Cup1 ea.1 ea.8 oz. | Italian Chicken Sausage SandwichPeppers & OnionsKetchup Packet Roasted Green BeansBananaAssorted Milk | 1 ea.1/4 C1 ea. 3/4 C1 ea.8 oz. | 1 ea. 1/4 C1 ea. 1 C1 ea.8 oz. | **Nachos Grande**Taco MeatTortilla Chips WGNachos GarnishTexas Ranchero BeansFresh AppleAssorted Milk | 1 oz.1 ea.1 ea. ½ C1 ea.8 oz. | 2 oz. 1 ea. 1 ea. 1 C1 ea.8 oz. | Stuffed Crust Dippersw / Marinara Baked Sweet PotatoFresh PearsAssorted 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 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.