



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese or Pepperoni Pizza Tossed Salad OR Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">A Day</p>
4 Chicken Nuggets Baked Fries Sweet Corn OR Soft Pretzel w/ Nacho Cheese Sauce Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">B Day</p>	5 Chicken, Beef or BBQ Pork Rice Bowls Lettuce, Tomato, Cheese Salsa , Jalapeno Peppers Seasoned Black Beans OR Vegetable Chili & Chips Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">A Day</p>	6 Grilled Hamburger Lettuce/Tomato/Onion Potato Puffs, Baked Beans OR Black Bean Burger Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk <p style="text-align: center;">B Day</p>	7 French Toast Sticks, Maple Syrup & Butter Hash Brown, Sausage Or Beef & Cheese Burrito Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk <p style="text-align: center;">A Day</p>	8 Cheese or Buffalo Chicken Pizza Tossed Salad OR Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">B Day</p>
No School	12 Chicken or Beef Loaded Nachos Lettuce, Tomato, Cheese Salsa , Jalapeno Peppers Seasoned Black Beans, Brown Rice OR Vegetable Chili & Chips Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">A Day</p>	13 Bosco Sticks w/ Marinara Sauce Seasoned Green Beans OR Buffalo Chicken Burrito Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk <p style="text-align: center;">B Day</p>	14 General Tso's Chicken Pork Fried Rice, Lo Mein Noodles Garlic Broccoli OR Egg Rolls Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">A Day</p>	15 Cheese or Pepperoni Pizza Tossed Salad OR Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">B Day</p>
18 Chicken Patty Sandwich Baked Fries Baby Carrots OR Cheese & Broccoli Baked Stuffed Potato Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">A Day</p>	19 Beef or Chicken Burrito Salsa , Jalapeno Peppers Seasoned Black Beans, Brown Rice OR Vegetable Chili & Chips Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">B Day</p>	20 Grilled Hamburger Lettuce/Tomato/Onion Potato Puffs, Baked Beans OR Black Bean Burger Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk <p style="text-align: center;">A Day</p>	21 Grilled Cheese Sandwich Tomato or Chicken Noodle Soup Potato Chips, Seasoned Broccoli OR Tuna Melt Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">B Day</p>	22 Homemade Pizza With Assorted Toppings Tossed Salad OR Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">A Day</p>
25 Chicken Nuggets Baked Fries Sweet Corn OR Soft Pretzel w/ Nacho Cheese Sauce Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">B Day</p>	26 Chicken or Beef Loaded Nachos Lettuce, Tomato, Cheese Salsa , Jalapeno Peppers Seasoned Black Beans, Brown Rice OR Vegetable Chili & Chips Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">A Day</p>	27 Buffalo Chicken Wrap Baked Fries Sweet Corn OR Bean & Cheese Burrito Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk <p style="text-align: center;">B Day</p>	28 Pasta w/ Meat Sauce, Marinara or Oil & Garlic Seasoned Broccoli Garlic Bread Or Mozzarella Sticks Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">A Day</p>	29 Cheese or Pepperoni Pizza Tossed Salad OR Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">B Day</p>
A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.		Free Breakfast & Lunch		** SEE REVERSE SIDE FOR DAILY BREAKFAST & LUNCH ITEMS AND STATE & FEDERAL REGULATIONS



BREAKFAST ITEMS AVAILABLE DAILY

Assorted Cereal, WG Muffin, WW Bagel

Egg & Cheese on WW Bagel, Ham, Egg & Cheese on WG Muffin, Sausage, Egg & Cheese on WG Muffin

Choice of Low Fat Milk: 1% White, FF White or FF Chocolate

Choice of Juice or Fruit: Apple, Orange or Grape Juice, Fresh Apples, Oranges or Bananas

LUNCH ITEMS AVAILABLE DAILY

10" WG Wraps (2 oz Meat & ½ oz Cheese): LS Turkey, LS Ham, Italian Mixed, Roast Beef, Grilled Chicken or Veggie & Hummus

Served with Lettuce & Tomato, LS Mayo or Mustard

2 All Beef Hot Dogs on WW Roll served with 2 PC's Ketchup or Mustard

Grab & Go Salads: Garden Salad, Chef Salad, Grilled Chicken Salad, Fruit Salad

Fruit, Yogurt & Granola Salad, Ceasar Salad with Egg

Served with Wheat Crackers, 1 PC RF Salad Dressing

ALL SERVED WITH ASSORTED FRESH VEGGIES & FRUIT AND CHOICE OF LOW FAT MILK

****Menu items subject to change.****

New State & Federal Regulations

High School

Assorted low fat and fat free milk only

1 c Fruit Serving, 1 c Vegetable Serving

(Weekly minimums: ½ c legumes, ¼ c dark greens, 1 ¼ c red/orange, ½ c starchy, Plus ¼ c other)

2 Grain Minimum w/ a 12 Grain Maximum per Week

(No Noodles or Rice can be in the soups to meet this requirement)

2 oz protein Minimum w/ a 12 Protein Maximum per Week

Minimum-Maximum Calories 750-850, Saturated Fat – Less than 10% of Total Calories, Sodium – 740 mg or less, Zero Trans Fat

Middle School

Assorted low fat and fat free milk only

½ c Fruit Serving, ¾ c Vegetable Serving

(Weekly minimums: ½ c legumes, ¼ c dark greens, ½ c red/orange, ½ c starchy, Plus 1 c other)

1 Grain Per Day Minimum w/ a 2 Grain Per Day Maximum

(No Noodles or Rice can be in the soups to meet this requirement)

1 oz protein Minimum w/ a 2 Protein Maximum

(on all Sandwiches and entrees')

Minimum-Maximum Calories 600-700, Saturated Fat – Less than 10% of Total Calories, Sodium – 710 mg or less, Zero Trans Fat