



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Regular or Buffalo Chicken Patty Sandwich Lettuce, Tomato, Cheese Baked Fries, Cinnamon Carrots OR Mozzarella Sticks Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">B Day</p>	4 Chicken or Beef Burrito Seasoned Black Beans, Salsa Jalapeno Peppers, Brown Rice OR Bean & Cheese Burrito Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">A Day</p>	5 BBQ Pork Sandwich w/ Pickles & Cheese Baked Fries, Cole Slaw OR Baked Stuffed Potato Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">B Day</p>	6 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>	7 <p style="text-align: center; font-size: 2em;">No School</p>
No School	No School	No School	No School	No School
10 <p style="text-align: center; font-size: 2em;">No School</p>	11 <p style="text-align: center; font-size: 2em;">No School</p>	12 <p style="text-align: center; font-size: 2em;">No School</p>	13 <p style="text-align: center; font-size: 2em;">No School</p>	14 <p style="text-align: center; font-size: 2em;">No School</p>
17 Chicken Nuggets Mashed Potatoes & Gravy Seasoned 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>	18 Cheese Stuffed Breadsticks w/ Marinara Sauce Seasoned Carrots OR Buffalo Chicken Wrap Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk <p style="text-align: center;">A Day</p>	19 French Toast Sticks, Maple Syrup & Butter Hash Brown, Sausage Cucumber Slices Or Traditional Cuban Sandwich Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk <p style="text-align: center;">B Day</p>	20 Chicken Parmesan w/ Marinara Sauce Pasta, Garlic Bread Seasoned Broccoli Or Baked Stuffed Potato Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">A Day</p>	21 Cheese or Sausage Pizza Tossed Salad OR Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">B Day</p>
24 Regular or Buffalo Chicken Patty Sandwich Lettuce, Tomato, Cheese Baked Fries, Cinnamon Carrots OR Mozzarella Sticks Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">A Day</p>	25 Beef, Chicken or Carnitas Walking Taco Lettuce, Tomato, Cheese Salsa, Jalapeno Peppers Seasoned Black Beans, Brown Rice OR Tofu Taco Crumbles Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">B Day</p>	26 Grilled Hamburgers Lettuce, Tomato, Cheese Baked Fries, Baked Beans OR Garden Burger Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk <p style="text-align: center;">A Day</p>	27 Roasted Rosemary & Lemon Chicken Mashed Potatoes w/ Gravy Seasoned Corn OR Baked Stuffed Potato Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk <p style="text-align: center;">B Day</p>	28 Cheese or Buffalo Chicken Pizza Tossed Salad OR Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <p style="text-align: center;">A 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.		\$2.15 Breakfast \$3.40 Lunch \$.50 Milk		** 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, ¾ c dark greens, 1 ¼ c red/orange, ½ c starchy, Plus ¾ 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, ¾ 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