



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ Pork Sandwich w/ Pickles & Cheese Baked Fries, Cole Slaw OR Baked Stuffed Potato Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk B Day	2 Chicken Tikka Masala w/ Jasmine Rice Roasted Curried Cauliflower Or Meatball Sub Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk A Day	3 Cheese or Pepperoni Pizza Tossed Salad OR Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk B Day
6 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 A Day	7 Beef or Chicken Walking Taco Lettuce, Tomato, Cheese Seasoned Black Beans Salsa, Jalapeno Peppers, Brown Rice OR Tofu Taco Crumbles Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk B Day	8 Grilled Hamburgers Lettuce, Tomato, Cheese Baked Fries, Baked Beans OR Garden Burger Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk A Day	9 Cuban Style Pork, Rice Black Beans, Plantains Or Broccoli-Cheddar-Tofu Wrap Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk B Day	10 Cheese or Chicken, Bacon, Ranch Pizza Tossed Salad OR Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk A Day
13 Chicken Nuggets Mashed Potatoes & Gravy Seasoned Corn OR Soft Pretzel w/ Nacho Cheese Sauce Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk B Day	14 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 A Day	15 Pesto Pasta w/ Grilled Chicken Seasoned Broccoli OR Pasta w/ Italian Tofu and Olive Oil Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk B Day	16 Grilled Cheese, Chips Tomato or Chicken Noodle Soup Or Traditional Cuban Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk A Day	<h2>No School</h2>
20 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 B Day	21 Chicken or Beef Loaded Nachos Lettuce, Tomato, Cheese Salsa, Jalapeno Peppers Seasoned Black Beans, Brown Rice OR Tofu Taco Crumbles Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk A Day	22 Grilled Hamburgers Lettuce, Tomato, Cheese Baked Fries, Baked Beans OR Garden Burger Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk B Day	23 Cheese Stuffed Breadsticks w/ Marinara Sauce Seasoned Carrots OR Buffalo Chicken Wrap Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk A Day	24 Cheese or Mexican Chicken Pizza Tossed Salad OR Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk B Day
27 Chicken Nuggets Mashed Potatoes & Gravy Seasoned Corn OR Soft Pretzel w/ Nacho Cheese Sauce Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk A Day	28 Beef or Chicken Walking Taco Lettuce, Tomato, Cheese Seasoned Black Beans Salsa, Jalapeno Peppers, Brown Rice OR Tofu Taco Crumbles Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk B Day	29 French Toast Sticks, Maple Syrup & Butter Hash Brown, Sausage Cucumber Slices Or Traditional Cuban Sandwich Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk A Day	30 Chicken Parmesan w/ Marinara Sauce Pasta, Garlic Bread Seasoned Broccoli Or Baked Stuffed Potato Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk B Day	31 Homemade Thick Crust Pizza Tossed Salad OR Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk A Day
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