



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chicken Nuggets Mashed Potatoes & Gravy Seasoned Corn <b>OR</b> Soft Pretzel w/ Nacho Cheese Sauce Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>B Day</b></p>	<b>2</b> Chicken, Beef or Pork Loaded Nachos Lettuce, Tomato, Cheese Salsa, Jalapeno Peppers Seasoned Black Beans, Brown Rice <b>OR</b> Bean & Cheese Burrito Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>A Day</b></p>	<b>3</b> Meatball Sub w/ Mozzarella Cheese Potato Chips Green Beans <b>OR</b> Tofu Parmesan Sub Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>B Day</b></p>	<b>4</b> Stuffed Cheese Bites w/ Marinara Sauce Seasoned Carrots <b>OR</b> Buffalo Chicken Wrap Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>A Day</b></p>	<b>5</b>  <h1 style="font-size: 2em;">1/2 Day</h1>  <p style="text-align: center;"><b>B Day</b></p>
<b>8</b> Regular or Buffalo Chicken Patty Sandwich Lettuce, Tomato, Cheese Baked Fries, Cinnamon Carrots <b>OR</b> Mozzarella Sticks Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>A Day</b></p>	<b>9</b> Beef or Chicken Walking Taco Lettuce, Tomato, Cheese Salsa, Jalapeno Peppers Seasoned Black Beans, Brown Rice <b>OR</b> Bean & Cheese Burrito Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>B Day</b></p>	<b>10</b> Grilled Hamburgers Lettuce, Tomato, Cheese Baked Fries, Baked Beans <b>OR</b> Garden Burger Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk  <p style="text-align: center;"><b>A Day</b></p>	<b>11</b> Chicken Tikka Masala Jasmine Rice Roasted Curried Cauliflower <b>OR</b> Meatball Sub Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>B Day</b></p>	<b>12</b> Cheese or Chicken, Bacon, Ranch Pizza Tossed Salad <b>OR</b> Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>A Day</b></p>
<b>15</b> Chicken Nuggets Mashed Potatoes & Gravy Seasoned Corn <b>OR</b> Soft Pretzel w/ Nacho Cheese Sauce Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>B Day</b></p>	<b>16</b> Chicken or Beef Burrito Seasoned Black Beans, Salsa Jalapeno Peppers, Brown Rice <b>OR</b> Bean & Cheese Burrito Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>A Day</b></p>	<b>17</b> Pesto Pasta w/ Grilled Chicken Seasoned Broccoli <b>OR</b> Pasta w/ Italian Tofu and Olive Oil Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>B Day</b></p>	<b>18</b> BBQ Pork Sandwich w/ Pickles & Cheese Baked Fries, Cole Slaw <b>OR</b> Baked Stuffed Potato Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>A Day</b></p>	<b>19</b> Cheese or Pepperoni Pizza Tossed Salad <b>OR</b> Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>B Day</b></p>
<b>22</b> Chicken Nuggets Mashed Potatoes & Gravy Seasoned Corn <b>OR</b> Soft Pretzel w/ Nacho Cheese Sauce Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>A Day</b></p>	<b>23</b> Chicken, Beef or Pork Loaded Nachos Lettuce, Tomato, Cheese Salsa, Jalapeno Peppers Seasoned Black Beans, Brown Rice <b>OR</b> Bean & Cheese Burrito Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>B Day</b></p>	<b>24</b> Grilled Hamburgers Lettuce, Tomato, Cheese Baked Fries, Baked Beans <b>OR</b> Garden Burger Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk  <p style="text-align: center;"><b>A Day</b></p>	<b>25</b> Mac & Cheese Buffalo Chicken or BBQ Pork Cloe Slaw <b>OR</b> Beef & Cheese Burrito Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk  <p style="text-align: center;"><b>B Day</b></p>	<b>26</b> Cheese or Mexican Chicken Pizza Tossed Salad <b>OR</b> Fish Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>A Day</b></p>
<b>29</b>  <h1 style="font-size: 2em;">No School</h1>	<b>30</b> Beef or Chicken Walking Taco Lettuce, Tomato, Cheese Salsa, Jalapeno Peppers Seasoned Black Beans, Brown Rice <b>OR</b> Bean & Cheese Burrito Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>B Day</b></p>	<b>31</b> General Tso's Chicken Vegetable Fried Rice Lo Mein Noodles Garlic Broccoli <b>OR</b> Vegetable Egg Roll Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <p style="text-align: center;"><b>A Day</b></p>		
A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.		<b>\$2.15 Breakfast</b> <b>\$3.40 Lunch</b> <b>\$.50 Milk</b>		<b>** SEE REVERSE SIDE FOR DAILY BREAKFAST &amp; LUNCH ITEMS AND STATE &amp; FEDERAL REGULATIONS</b>



**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

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**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