



Menu items subject to change. Milk is offered daily with Lunch. 7th-12th graded offered Salad Bar daily unless noted on the menu.
EQUAL OPPORTUNITY EMPLOYER



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



1
 Hamburger on WG Bun,
 Potato Wedges, Corn, Fruit

2
 Popcorn Chicken, Tri Tator,
 Green Beans, Fruit

3
 Crispito, Chips w/Black Bean
 Salsa, Carrots, Fruit

6
 Pepperoni Pizza on WG
 Crust, Lettuce/Romaine, Fruit

7
 Chicken Alfredo, Lettuce/
 Romaine, Fruit, WG Bread Stick

8
 Salisbury Steak w/Mashed
 Potatoes & Gravy, Peas, Fruit
 Low Fat Chocolate Cake

9
 BBQ Pork on WG Bun,
 Baked Beans, Pasta Salad,
 Fruit

10
 Chicken Tenders w/BBQ,
 Tri Tator, Carrots, Fruit

13
 Goulash, Corn, Fruit,
 WG Bread Stick

14
 Cheesy Pepperoni,
 Roundettes, Carrots, Fruit

15
 Chili Chip w/Fixings, Peas
 Fruit, WG Cinnamon Roll
 NO SALAD BAR

16
 Egg Patty, Sausage Link,
 WG Pancakes, Tri Tator,
 WG Muffin, Fruit

17
 Pizza Dippers w/sauce, Smiley
 Fries, Green Beans, Fruit

20
 Sub-sandwich w/Fixings,
 Baked Chips, Fresh Veggies w/
 RC Ranch Cup, Fruit, WG Cookie
 NO SALAD BAR

21
 Turkey w/Gravy, Mashed
 Potatoes, Sweet Potatoes,
 Stuffing, Cranberry Sauce, WG
 Roll, Fruit
 NO SALAD BAR

22
 NO SCHOOL

23
 NO SCHOOL

24
 NO SCHOOL

27
 WG Mac & Cheese, Ham
 Slice, Sweet Potato Biscuit,
 Green Beans, Fruit, Sherbet Cup

28
 Pork Patty w/Mashed Potatoes,
 & Gravy, Broccoli, Fruit,
 WG Roll

29
 Chicken Nuggets w/BBQ,
 Tri-Tator, Peas, Fruit

30
 Sloppy Joe on WG Bun,
 Baked Beans, Pasta Salad, Fruit

