



Menu items subject to change. Milk is offered daily with Lunch. 7<sup>th</sup>-12<sup>th</sup> grade 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  
Chicken & Noodles, Mashed Potatoes, Green Beans, Fruit, WG Roll

2  
Meatball Sub Sandwich on WG Bun, Tri Tator, Corn, Fruit

5  
Loaded Nachos w/Chips & Fixings, Refried Beans, Lettuce/Romaine, Fruit, WG Cherry Crisp **NO SALAD BAR**

6  
Hot Ham & Cheese on WG Bun, Potato Wedges, Carrots, Fruit

7  
Teriyaki Chicken Breast, Au gratin Potatoes, Green Beans, Fruit, Garlic Cheddar Biscuit

8  
Chicken Fajita on WG Wrap w/Fixings, Corn, Fruit  
**NO SALAD BAR**

9  
Mr. Rib on WG Bun, Hashbrown, Peas, Fruit

12  
Sausage Pizza on WG Crust, Lettuce/Romaine, Fruit

13  
Hamburger on WG Bun, Potato Wedges, Corn, Fruit

14  
Popcorn Chicken, Tri Tator, Green Beans, Fruit

15  
**NO SCHOOL**

16  
**NO SCHOOL**

19  
Chicken Tenders w/BBQ, Tri Tator, Broccoli, Fruit

20  
Salisbury Steak w Mashed Potatoes & Gravy, Peas, Fruit, WG Pumpkin Bars

21  
Crispito, Chips w/Black Bean Salsa, Corn, Fruit

22  
Weiner Wink on WG Bun, Roundettes, Green Beans, Fruit, WG Cookie

23  
Pizza Dippers, Smiles, Carrots, Fruit

26  
Chicken Alfredo, Lettuce/Romaine, Fruit, WG Bread Stick

27  
BBQ Pork on WG Bun, Baked Beans, Pasta Salad, Fruit

28  
Cheesy Pepperoni, Potato Wedges, Peas, Fruit

