



Menu items subject to change. Milk is offered daily with lunch. 7th-12th 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

4

Burrito, Hummus w/Chips & Salsa, Carrots, Fruit

5

Goulash, Corn, Fruit, Corn Bread

6

Chicken Tenders w/BBQ, Tri Tator, Peas, Fruit

7

Mr Rib on WG Bun, Tri Tator, Broccoli, Fruit, Pumpkin Bar

8

Pizza Dippers, Smiles, Green Beans, Fruit

11

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

12

Cheesy Pepperoni, Potato Wedges, Lettuce/Romaine, Fruit

13

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

14

Garlic Cheese Bread, Carrots, Fruit

15

Omelet, Pancake Sausage Stick, Tri Tator, Fruit, WG Chocolate Chip Muffin

18

WG Mac & Cheese, Ham Patty, Green Beans, Fruit, Sweet Potato Biscuit.

19

Sub-sandwich w/fixings, Baked Chips, Fresh Veggies w/RC Ranch cup, Fruit, WG Cookie
NO SALAD BAR

20

Chicken Patty w/WG Bun, Hashbrown, Corn, Fruit

21

Mr Rib on WG Bun, Tri Tator, Green Beans, Fruit

22

NO SCHOOL

25

Sloppy Joe on WG Bun, Tri Tator, Pasta Salad, Fruit

26

Chicken Fajita on WG Wrap, Refried Beans, Corn, Fruit
NO SALAD BAR

27

Chicken & Noodles, Mashed Potatoes, Broccoli, WG Roll, Fruit

28

Meatball Sub Sandwich on WG Bun, Tri Tator, Broccoli, Fruit

29

Cheese Calzone, Smiles, Lettuce/Romaine/ Fruit