



Menu items subject to change. Milk is offered daily with lunch. 7th-12th grade offered Salad Bar daily unless noted on the menu. **THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

1

1
Egg Patty, Pancake Sausage Bites, Tri Tator, Fruit, WG Muffin

2
Chili Chip w/Fixings, Corn, Fruit, WG Cinnamon Roll
NO SALAD BAR

3
Hot Dog, Tri Tator, Carrots, Fruit

4
Pizza Dippers, Smiles, Broccoli, Fruit

7
WG Mac & Cheese, Ham Patty, Green Beans, Fruit, Sweet Potato Biscuit

8
Sub Sandwich w/Fixings, Fresh Veggies w/RC Ranch Cup, Fruit, WG Cookie
NO SALAD BAR

9
Chicken Patty w/WG Bun, Tri Tator, Corn, Fruit

10
Sloppy Joe on WG Bun, Baked Beans, Pasta Salad, Fruit

11
Burrito, Hummus w/ Chips, Peas, Fruit

14
Pork Patty on WG Bun, Tri Tator, Broccoli/Cauliflower, Fruit

15
Taco on WG Wrap w/Fixings, Refried Beans, Corn, Fruit, WG Cinnamon Bread Stick
NO SALAD BAR

16
Chicken & Noodles, Mashed Potatoes, Carrots, Fruit, WG Roll

17
Breaded Cheese Stick w/Marinara, Smiles, Peas, Fruit

18
Mr Rib on WG Bun, Hashbrown, Green Beans Fruit

21
Loaded Nachos w/Chips & Fixings, Refried Beans, Lettuce/Romaine, Fruit, WG Apple Crisp
NO SALAD BAR

22
Hot Ham & Cheese on WG Bun, Potato Wedges, Corn, Fruit

23
Teriyaki Chicken Breast, AuGratin Potatoes, Peas, Fruit, Garlic Cheddar Biscuit

24
Meatball Sub Sandwich on WG Bun, Tri Tator, Green Beans, Fruit

25
Corn Dog, Tri Tator, Carrots, Fruit

28
Sausage Pizza on WG Crust, Lettuce/Romaine, Fruit

29
Hamburger on WG Bun, Potato Wedges, Corn, Fruit

30
Popcorn Chicken, Tri Tator, Peas, Fruit,

31
Mummy in a Blanket, Ghost Coins, Grasshopper Legs, Goblin Eyeballs, Monster Cookie

