

MONDAY

3

MAIN ENTREE
• Herb Braised Chicken
GRILL
• Chicken Tenders
• Dinner Roll
DELI
• Turkey & Cheese Deluxe Hoagie
SIDES
• Garlic Mashed Potatoes
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• Whole Milk
• Skim Chocolate Milk

TUESDAY

4

MAIN ENTREE
• Beef Birria
• Cilantro Lime Brown Rice
GRILL
• Cheeseburger
DELI
• Honey Mustard Chicken Wrap
SIDES
• Refried Beans with Pizzazz
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

WEDNESDAY

5

MAIN ENTREE
• BBQ Pulled Pork Sandwich
GRILL
• Corn Dog
DELI
• Turkey and Cheese Chef Salad
• Dinner Roll
SIDES
• Sesame Green Beans
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

THURSDAY

6

MAIN ENTREE
• Cheesy Breadsticks
• Marinara Sauce
GRILL
• Chicken Patty Sandwich
DELI
• Chicken Caesar Wrap
SIDES
• Lemon Parmesan Roasted Broccoli 1
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

FRIDAY

7

MAIN ENTREE
• Caribbean Pot Roast
• Seasoned Baked Whole Grain Roll
GRILL
• Cheese Pizza
SIDES
• Sweet Potato Waffle Fries
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

10

MAIN ENTREE
• Waffles
• Cheesy Scrambled Eggs
GRILL
• Chicken Nuggets
• Dinner Roll
DELI
• Ham & Cheese Hoagie
SIDES
• Tater Tots
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk
• Syrup Cup

11

MAIN ENTREE
• Picadillo
• Cilantro Lime Brown Rice
GRILL
• Hamburger
DELI
• Jerk Chicken Wrap
SIDES
• Charro Beans
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

12

MAIN ENTREE
• Chicken Lo Mein
GRILL
• Hot Dog on Bun
DELI
• Mandarin Chicken Salad
• Seasoned Baked Whole Grain Roll
SIDES
• Curry Roasted Broccoli
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

13

MAIN ENTREE
• Cheese Pizza
GRILL
• Chicken Patty Sandwich
DELI
• Egg, Cheese and Turkey Chef Salad
SIDES
• Green Beans with Garlic Herb butter
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

14

MAIN ENTREE
• Roasted Rosemary Lemon Pork Loin
• Brown Rice
GRILL
• Cheesy Breadsticks
• Marinara Sauce
DELI
• Buffalo Chicken Caesar Salad
• Seasoned Baked Whole Grain Roll
SIDES
• Carrots w/Dill
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

17

MAIN ENTREE
• Breaded Parmesan Chicken Sandwich
GRILL
• Popcorn Chicken
• Dinner Roll
DELI
• Turkey & Cheese Deluxe Sandwich
SIDES
• Garlic Roasted Potatoes
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

18

MAIN ENTREE
• Beef Taco Meat
• Shredded Cheese
• 6" Whole Grain Tortilla
BYO Nacho/Taco Toppings
• Jalapenos
• Sour Cream
• Salsa
GRILL
• Grilled Cheese Sandwich
DELI
• Buffalo Chicken Caesar Salad
• Seasoned Baked Whole Grain Roll
SIDES
• Seasoned Black Beans
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

19

MAIN ENTREE
• Teriyaki Chicken
• 5 Spice Brown Rice
GRILL
• Corn Dog
DELI
• Turkey with Cheese Wrap
SIDES
• Orange Glazed Carrots
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

20

MAIN ENTREE
• Cheesy Breadsticks
• Marinara Sauce
GRILL
• Chicken Bacon Ranch Sandwich
DELI
• Cobb Salad
• Seasoned Baked Whole Grain Roll
SIDES
• Roasted Brussels Sprouts
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

21

Loaded Fries
• Seasoned French Fries
• Shredded Pork
• Yellow Cheese Sauce
GRILL
• Cheesy Breadsticks
DELI
• Vegetarian Chef Salad
• Seasoned Baked Whole Grain Roll
Nutrition Bar
• Salad Mix
• Fresh Baby Carrots
• Grape Tomatoes
• Fresh Broccoli
• Cucumber
MILK
• 1% Milk Carton
• Skim Chocolate Milk

24 MAIN ENTREE • Chicken Tenders & Waffle VEGETARIAN OPTION • Macaroni and Cheese DELI • Turkey & Cheese Deluxe Hoagie SIDES • French Fries Nutrition Bar • Salad Mix • Fresh Baby Carrots • Grape Tomatoes • Fresh Broccoli • Cucumber MILK • 1% Milk Carton • Skim Chocolate Milk • Syrup Cup	25 MAIN ENTREE • Rotisserie Chicken • Cilantro Lime Brown Rice GRILL • Cheeseburger DELI • Honey Mustard Chicken Wrap SIDES • Refried Beans with Pizzazz Nutrition Bar • Salad Mix • Fresh Baby Carrots • Grape Tomatoes • Fresh Broccoli • Cucumber MILK • 1% Milk Carton • Skim Chocolate Milk	26 MAIN ENTREE • Orange Popcorn Chicken • 5 Spice Brown Rice GRILL • Hot Dog on Bun DELI • Turkey and Cheese Chef Salad • Seasoned Baked Whole Grain Roll SIDES • Sesame Green Beans Nutrition Bar • Salad Mix • Fresh Baby Carrots • Grape Tomatoes • Fresh Broccoli • Cucumber MILK • 1% Milk Carton • Skim Chocolate Milk	27 MAIN ENTREE • Cheese Pizza GRILL • Chicken Patty Sandwich DELI • Chicken Ceasar Wrap SIDES • Lemon Parmesan Roasted Broccoli 1 Nutrition Bar • Salad Mix • Fresh Baby Carrots • Grape Tomatoes • Fresh Broccoli • Cucumber MILK • 1% Milk Carton • Skim Chocolate Milk	28 MAIN ENTREE • Homestyle Macaroni and Cheese with Shredded Beef GRILL • Pepperoni Pizza DELI • Chicken Pesto Hoagie • Turkey and Cheese Chef Salad VEGETARIAN OPTION • Chana Masala SIDES • Seasoned Baked Whole Grain Roll • Sweet Potato Waffle Fries Nutrition Bar • Salad Mix • Fresh Baby Carrots • Grape Tomatoes • Fresh Broccoli • Cucumber MILK • 1% Milk Carton • Skim Chocolate Milk
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31 MAIN ENTREE • Sicilian Lemon Chicken • Brown Rice GRILL • Chicken Nuggets • Seasoned Baked Whole Grain Roll DELI • Ham & Cheese Hoagie SIDES • Tater Tots Nutrition Bar • Salad Mix • Fresh Baby Carrots • Grape Tomatoes • Fresh Broccoli • Cucumber MILK • 1% Milk Carton • Skim Chocolate Milk
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Daily option of fresh fruit: Fresh Apple , Fresh Orange , Fresh Banana , Fresh Pear