



Grab and Go SANDWICH
 Italian Sub (28g)
 Turkey Wrap (29g),
 Tuna Salad wrap(31g)
 Ham & Cheese Sub (28g)



Grab and Go Salads
 Chef Salad (8g),
 Garden Salad (14.5g), or
 Caesar Salad (15g)

All Salads come with your
 choice of whole grain
 (Cheese Its, Goldfish,
 whole grain Muffin)

All Lunches Must Include
 a Choice of:
 Fruits and/or
 Vegetable
 And May Include:
 1% Low-Fat Milk



MON	TUES	WED	THURS	FRI
11 Boneless Chicken Wings WG Dinner Roll French Fries Sliced Peaches	12 Bosco Sticks W/ Marinara Sauce Mixed Vegetable Pineapple Bits	13 Chicken Pineapple Bowl WG Dinner Roll Vegetable Blend	14 2 Breakfast Burrito With Salsa Hash Browns Orange Smiles	15 Pretzel Roll Melt w/ Tato Tarts Apple Sauce
18 Chicken Quesadillas w/ Salsa Spanish Rice Black Beans	19 Bosco Sticks Marinara Sauce Mixed Vegetable Orange slices	20 Chef Choice	21 Sloppy Joe on WG Bun Oven Fried Potatoes Sliced Peaches California Blend	22 Hot Honey Chicken Biscuit Tostada Black Bean & Corn Salsa Pineapple Tidbits
1 Chef Choice	2 Bosco Sticks Marinara Sauce Mixed Vegetable Pineapple	3 Egg & Cheese Sliders Sausage Patty Potato Round Orange Slices	4 Chicken & Waffles Steamed Carrots Fresh Grapes	5 Grilled Cheese French Fries Baked Beans Slice Apples
8 Hot Roast Beef Sandwich Whipped Potatoes W/Gravy Roasted Corn Fruit Cocktail	9 Bosco Sticks W/ Marinara Sauce Mixed Vegetable Pineapple Bits	10 French Toast Turkey Sausage Hash Browns Apple Sauce	11 Sweet & Sour Chicken Over Rice WG Dinner Roll Mixed Vegetable	12 Cheese Quesadillas Refried Beans Mixed Vegetable Fruit Cocktail
15 Cheeseburger Meatloaf on a bun Whole Kernal Corn Sliced Peaches	16 Bosco Sticks w/Marinara Sauce Seasoned Carrots Fresh Grapes	17 Chicken Pineapple Bowl WG Dinner Roll Vegetable Blend	18 Philly Steak Cheese Sub w/ Grilled Peppers and Onions Oven Fries Mandarin Oranges	19 Macaroni & Cheese W/ Pretzel Rod Steamed Broccoli Sliced Peaches

CHICKEN:
Crispy or Spicy Chicken Sandwich (48g), Nuggets (14g)
BURGERS: Cheeseburger (39g) Hamburger (38g) & Veggie Burger (42g)

Apples 19g, Oranges 15g, Side Salad 6g
Monday: Fruit cocktail 18g, Fresh Broccoli 1g & Kickin' Pintos 19g or Baked Beans 19g
Tuesday: Pears 18g, Seasoned Carrots 4g & Celery Sticks 3g
Wednesday: Peaches 18g, Baby Carrots 1g & Broccoli 4g
Thursday: Pineapple 17g, Celery Sticks 3g & Green Beans 4g, or Mixed Vegetable 6g
Friday: Applesauce 14g, Baby Carrots 1g & Tater Tots 19g or Curly Fries 19g, or Corn 4g