



Grab and Go SANDWICH
Italian Sub (28g)
Turkey Wrap (29g),
Chicken 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
Chef Choice ²²	Philly Cheesesteak (29) Roasted Green Peppers & Onions (8) Tato Tots(19) Steamed Carrots(4) ²³	Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Mandarin Oranges (17) ²⁴	Sloppy Joe(10) on/ WG Bun (36) Oven Fries (15) Sliced Peaches (18) ²⁵	Egg & Cheese Sliders (20) Turkey Sausage Orange Slices (15) ²⁶
Chicken Quesadillas ²⁹ (30) w/ Salsa(2) Spanish Rice (44) Steamed Corn(15)	Bacon Cheeseburger(37) French Fries(23) Mix Fruit (18) ³⁰	No school Professional Development Day ¹	Chicken & Waffle(50) Warm Cinnamon Apples (9) Steamed Carrots(4) ²	Macaroni & Cheese w/ Pretzel Rod Steamed Broccoli Sliced Peaches ³
Boneless Chicken Wings(14) WG Dinner Roll(30) French Fries(14) Sliced Peaches (18) ⁶	Hot Turkey Sandwich (27) Mash Potatoes (15) Whole Kernel Corn (15) ⁷	Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Mandarin Oranges (17) ⁸	Chef Choice ⁹	Jumbo Cheese Ravioli & Meat Sauce (29) Garlic Bread Spinach (15) ¹⁰
French Toast (43) ¹³ Turkey Sausage Hash Browns (14) Apple Sauce (22)	Meatloaf w/ Mash Potatoes((15) Green Beans(3) Fruit Cocktail (16) ¹⁴	Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Pineapple (17) ¹⁵	Spicy Chicken Tenders ¹⁶ (17) w/ Dinner Roll(15) Carrot Coins (15) Pineapple Tidbits(17)	Grilled Cheese (31) ¹⁷ French Fries(23) Baked Beans (19) Slice Apples (8)
Cheese Quesadillas (32) ²⁰ Refried Beans (20) Steamed Carrots (15) Fruit Cocktail (16)	Sweet & Sour Chicken Over Rice (33) WG Dinner Roll(15) Green Beans(3) ²¹	Bosco Sticks (56) ²² Marinara Sauce (7) Mixed Vegetable (8) Pineapple (17)	Chef Choice ²³	Half day Breakfast only ²⁴

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