

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Ranch Fries</li> <li>Green Beans</li> <li>Chilled Fruit Variety</li> <li>100 % Fruit Juice Variety</li> <li>Cold Milk Variety</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>Taco Soup w/Tortilla Chips</li> <li>Or Mexican Fiestada</li> <li>Steamed Broccoli</li> <li>Buttery Corn</li> <li>Chilled Fruit Variety</li> <li>Cold Milk Variety</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Turkey &amp; Cheese Hoagie</li> <li>Dill Pickle Spear</li> <li>Breaded Okra</li> <li>Glazed Carrots</li> <li>Chilled Fruit Variety</li> <li>100 % Fruit Juice Variety</li> <li>Cold Milk Variety</li> <li>Cookie Treat</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>Ranch Chopped Salad w/ Breadsticks</li> <li>Or Chicken Nuggets</li> <li>Butter Beans</li> <li>Veggies w/ Ranch</li> <li>Assorted Fresh Fruit</li> <li>Chilled Fruit Variety</li> <li>Cold Milk Variety</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>Chicken Fajita w/ Roasted Peppers &amp; Onions</li> <li>Tomato Salsa w/ Tortilla Chips</li> <li>Perfect Pinto Beans</li> <li>Chilled Fruit Variety</li> <li>Frozen Fruit Sidekick®</li> <li>Cold Milk Variety</li> </ul>
<p><b>8</b></p> <ul style="list-style-type: none"> <li>Chicken Sandwich</li> <li>Glazed Carrots</li> <li>Baked Beans</li> <li>Chilled Fruit Variety</li> <li>Frozen Fruit Sidekick®</li> <li>Cold Milk Variety</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>Spaghetti</li> <li>Crackers, WG</li> <li>Turnip Greens</li> <li>Black-Eyed Peas</li> <li>Chilled Fruit Variety</li> <li>Assorted Fresh Fruit</li> <li>Cold Milk Variety</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Beef Hotdog</li> <li>Ranch Fries</li> <li>Green Beans</li> <li>Chilled Fruit Cup</li> <li>100 % Fruit Juice Variety</li> <li>Cold Milk Variety</li> <li>Cookie Treat with Meal</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>Breaded Chicken Sandwich</li> <li>Breaded Okra</li> <li>Veggies w/ Ranch</li> <li>Assorted Fresh Fruit</li> <li>Chilled Fruit Variety</li> <li>Cold Milk Variety</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>Beefy Nachos</li> <li>Perfect Pinto Beans</li> <li>Sweet Potatoes</li> <li>Chilled Fruit Variety</li> <li>Frozen Fruit Sidekick®</li> <li>Cold Milk Variety</li> </ul>
<p><b>15</b></p> <ul style="list-style-type: none"> <li>Chicken &amp; Waffles</li> <li>Cheesy Broccoli</li> <li>Glazed Carrots</li> <li>Chilled Fruit Variety</li> <li>100 % Fruit Juice Variety</li> <li>Cold Milk Variety</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>Beef-a-Roni</li> <li>WG Roll</li> <li>Mashed Potatoes</li> <li>Green Peas</li> <li>Chilled Fruit Variety</li> <li>Assorted Fresh Fruit</li> <li>Cold Milk Variety</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Ranch Fries</li> <li>Green Beans</li> <li>Chilled Fruit Variety</li> <li>100 % Fruit Juice Variety</li> <li>Cold Milk Variety</li> <li>Cookie Treat</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>Grilled Chicken Sandwich</li> <li>Sweet Potatoes</li> <li>Cheesy Broccoli</li> <li>Assorted Fresh Fruit</li> <li>Chilled Fruit Variety</li> <li>Cold Milk Variety</li> </ul>	<p><b>19</b></p> 
<p><b>22</b></p> <ul style="list-style-type: none"> <li>Country Steak &amp; Gravy w/ WG Roll</li> <li>Mashed Potatoes</li> <li>Green Peas</li> <li>Chilled Mixed Fruit</li> <li>Frozen Fruit Sidekick®</li> <li>Cold Milk Variety</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>Rotel Chicken Spaghetti</li> <li>WG Roll</li> <li>Steamed Broccoli</li> <li>Glazed Carrots</li> <li>Chilled Fruit Variety</li> <li>Assorted Fresh Fruit</li> <li>Cold Milk Variety</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>Corndog</li> <li>Sweet Potatoes</li> <li>Breaded Okra</li> <li>Chilled Fruit Variety</li> <li>100 % Fruit Juice Variety</li> <li>Cold Milk Variety</li> <li>Cookie Treat with Meal</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>Chicken Quesadilla</li> <li>Salsa &amp; Chips</li> <li>Perfect Pinto Beans</li> <li>Chilled Fruit Variety</li> <li>Assorted Fresh Fruit</li> <li>Cold Milk Variety</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>Crazy Tacos w/ Salsa</li> <li>Mexicali Corn</li> <li>Green Beans</li> <li>Chilled Fruit Variety</li> <li>Frozen Fruit Sidekick®</li> <li>Cold Milk Variety</li> </ul>
<p><b>29</b></p> <ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Southern Baked Beans</li> <li>Buttery Corn</li> <li>Chilled Fruit Variety</li> <li>100 % Fruit Juice Variety</li> <li>Cold Milk Variety</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>Turkey Roast w/ Gravy</li> <li>WG Roll</li> <li>Mashed Potatoes</li> <li>Green Peas</li> <li>Chilled Fruit Variety</li> <li>Assorted Fresh Fruit</li> <li>Cold Milk Variety</li> </ul>			<p><b>SMART MOUTH PIZZA</b> Served daily Cheese or Pepperoni Flavor of the month: <b>Chicken Bacon Ranch</b> HHS and HMS Campuses ONLY</p>

Students may select from the five components to build a lunch. The components are fruit, grain, meat, vegetables, and milk. A minimum of three different components must be taken to receive meal benefits. A one cup serving of fruit or vegetable or a combination of both must be taken to get lunch at no cost. Whole Grain Rich items are offered daily. Meals without a fruit or vegetable will be charged a la carte pricing. Meals are subject to change based on availability.