



Monday

Tuesday

Wednesday

Thursday

Friday



3

Fish Sticks
w/ Hushpuppies(3)
Glazed Carrots
White Beans
Assorted Fresh Fruit
Fruit Juice Variety
Cold Milk Variety

4

Pizza Slice
Fries
Green Beans
Fruit Cocktail
Fruit Juice Variety
Cold Milk Variety
Cookie Treat

5

Bistro Spinach Salad w/
Grilled Chicken & Roll
Or Grilled Chicken Sandwich
Sweet Potatoes
Cheesy Broccoli
Assorted Fresh Fruit
Frozen Fruit Sidekick®
Cold Milk Variety

6

BBQ Sandwich
Creamy Coleslaw
Southern Baked Beans
Frozen Fruit Sidekick®
Pears w/ a Pop
Frozen Fruit Sidekick®
Cold Milk Variety

7

Pizza Slice
Breaded Okra
Green Beans w/ Potatoes
Fruit Cocktail
Fruit Juice Variety
Cold Milk Variety

10

Turkey Roast w/ Gravy
WG Roll
Mashed Potatoes
Buttery Butter Beans
Chilled Peach Cup
100 % Fruit Juice Variety
Cold Milk Variety

11

Cheeseburger
Lettuce / Tomato / Pickle
Ranch Fries – Green Beans
Strawberry Cup
Fruit Juice Variety
Cold Milk Variety
Cookie Treat

12

Chef Salad
w/ Croutons & Crackers
or Deli Sub
Glazed Carrots
Broccoli w/ Dip
Assorted Fresh Fruit
Frozen Fruit Sidekick®
Cold Milk Variety

13

Beef Hotdog
Baked Beans
Cucumbers & Tomatoes w/ Dip
Mixed Fruit Cup
Fruit Juice Variety
Cold Milk Variety

14

Cheeseburger
Lettuce / Tomato / Pickle
Ranch Fries – Green Beans
Assorted Fresh Fruit
Frozen Fruit Sidekick®
Cold Milk Variety
Country Steak &Gravy
w/ WG Roll

17

Ham & Cheese Hoagie
Dill Pickle Spear
Breaded Okra
Steamed Spinach
Pears w/ a Pop
100 % Fruit Juice Variety
Cold Milk Variety

18

Rotel Chicken Spaghetti
Bread Stick (1)
Cheesy California Veggies
Glazed Carrots
Applesauce
100 % Fruit Juice Variety
Cold Milk Variety
Cookie Treat

19

Ranch Chopped Salad
w/ Croutons & Crackers
or Chicken Nuggets & WG Roll
Butter Beans
Celery Sticks & Cherry Tomatoes
w/ Ranch
Assorted Fresh Fruit
Frozen Fruit Sidekick®
Cold Milk Variety

20

Country Steak &Gravy
w/ WG Roll
Mashed Potatoes
Green Peas
Chilled Mixed Fruit
100 % Fruit Juice Variety
Cold Milk Variety

21

Spicy Chicken Sandwich
Glazed Carrots
Baked Beans
Chilled Diced Pears w/ a Pop
Frozen Fruit Sidekick®
Cold Milk Variety

24

Pizza Slice
Mashed Potatoes
Green Peas
Assorted Fresh Fruit
Strawberries
Cold Milk Variety

25

Sweet & Sour Chicken
w/ Teri-Veggie Lo Mein
Eggroll
Oriental Veggies
Steamed Fresh Broccoli
Mandarin Oranges
Assorted Fresh Fruit
Cold Milk Variety
Fortune Cookie w/ Meal

26

Taco Salad w/ Salsa & Chips
Or Mexican Fiestada
Perfect Pinto Beans
Breaded Okra
Applesauce
Fresh Fruit Choice
Cold Milk Variety

27

Breakfast for Lunch
Scrambled Eggs
Sausage Links
Biscuit w/ Jelly
Hashbrowns
Sunset Sip Juice
Fruit Cup
Cold Milk Variety

28

Student meals are served at no cost. Adult Lunch: \$ 4.00

Grab-n-Go

Yogurt Variety	or	Sandwich Variety
Breakfast Bar or Muffin		Dill Pickle Spear
String Cheese		Mini Rice Krispy Treat
Mixed Veggies w/ Ranch		Mixed Veggies w/ Ranch
Fruit Cup		Fruit Cup
100 % Fruit Juice Variety		100 % Fruit Juice Variety
Cold Milk Variety		Cold Milk Variety

Every Lunch includes a choice of Non-Fat Flavored Milk or 1% White Milk.

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.