



### 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.