

Monday

Tuesday

Wednesday

Thursday

Friday

2019



Teacher Professional Development Day

WINTER BREAK

Steak Fingers w/ WG Roll
Sweet Potatoes
Breaded Okra
Strawberries
100 % Fruit Juice
Cold Milk Variety

WINTER BREAK

Beef Hotdog w/ Chili
Ranch Fries
Baked Beans
Mixed Fruit Cup
100 % Fruit Juice
Cold Milk Variety
Cookie Treat

WINTER BREAK

Crazy Taco w/ Salsa Or Mexican Fiestada
Perfect Pinto Beans
Glazed Carrots
Applesauce
Fresh Fruit Choice
Cold Milk Variety



Teacher Professional Development Day

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

Country Steak & Gravy w/ WG Roll
Mashed Potatoes
Green Peas
Chilled Mixed Fruit
Frozen Fruit Sidekick®
Cold Milk Variety

Breakfast for Lunch
Scrambled Eggs
Sausage Links
Biscuit w/ Jelly
Hashbrowns
Wango Mango Juice
Fruit Cup/ Assorted Fresh Fruit
Cold Milk Variety

Rotel Chicken Spaghetti
WG Roll
Cheesy California Veggies
Glazed Carrots
Applesauce
100 % Fruit Juice Variety
Cold Milk Variety
Cookie Treat

Vegetable Beef Soup w/ Grilled Cheese
Buttery Corn
Steamed Broccoli
Assorted Fresh Fruit
100 % Fruit Juice Variety
Cold Milk Variety

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



Cheeseburger
Ranch Fries – Green Beans
Assorted Fresh Fruit
Frozen Fruit Sidekick®
Cold Milk Variety

Chicken Smackers
Broccoli & Cheese
Stuffed Baked Potato
WG Roll
Assorted Fresh Fruit
100 % Fruit Juice
Cold Milk Variety
Cookie Treat

White Chicken Chili w/ Jalapeno Cornbread or Italian Grilled Chicken Sandwich
Sweet Potatoes
Mixed Italian Veggies
Pineapple Chunks
100 % Fruit Juice Variety
Cold Milk Variety

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

Frito Chili Pie
Sweet Potatoes
Cheesy Broccoli
Assorted Fresh Fruit
Frozen Fruit Sidekick®
Cold Milk Variety

Chicken Philly
Green Beans w/ Potatoes
Breaded Okra
Applesauce
100 % Fruit Juice Variety
Cold Milk Variety

Turkey Roast & Gravy
WG Roll
Ranch Mashed Potatoes
Green Peas
Assorted Fresh Fruit
Strawberries
Cold Milk Variety
Cookie Treat

BBQ Chicken Nachos
Creamy Coleslaw
Mixed Vegetables
Mixed Fruit Cup
Frozen Fruit Sidekick®
Cold Milk Variety

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.

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

This institution is an equal opportunity provider.

