

Monday

Tuesday

Wednesday

Thursday

Friday

1  
 Pizza Slice  
 Glazed Carrots  
 Green Beans  
 Chilled Diced Pears w/ a Pop  
 Frozen Fruit Sidekick®  
 Cold Milk Variety

4  
 Walking Taco  
 Tomato Salsa  
 Perfect Pinto Beans  
 Chilled Fruit Variety  
 100 % Fruit Juice  
 Cold Milk Variety

5  
 Turkey Roast w/ Gravy  
 Dressing or WG Roll  
 Mashed Potatoes  
 Buttery Butter Beans  
 Chilled Fruit Variety  
 100 % Fruit Juice Variety  
 Cold Milk Variety

6  
 Cheeseburger  
 Ranch Fries  
 Green Beans  
 Chilled Fruit Variety  
 Fruit Juice Variety  
 Cold Milk Variety  
 Cookie Treat

7  
 Chef Salad  
 w/ Croutons & Crackers  
 or Deli Sub  
 Broccoli w/ Dip  
 Assorted Fresh Fruit  
 100 % Fruit Juice Variety  
 Cold Milk Variety

8  
 Chicken Sandwich  
 Glazed Carrots  
 Baked Beans  
 Chilled Fruit Variety  
 Frozen Fruit Sidekick®  
 Cold Milk Variety

11  
 Country Steak &Gravy  
 w/ WG Roll  
 Mashed Potatoes  
 Green Peas  
 Chilled Mixed Fruit  
 100 % Fruit Juice Variety  
 Cold Milk Variety

12  
 Chicken Smackers  
 w/ Cornbread  
 Sweet Potatoes  
 Breaded Okra  
 Chilled Fruit Variety  
 100 % Fruit Juice  
 Cold Milk Variety

13  
 Sweet & Sour Chicken  
 w/ Teri-Veggie Lo Mein  
 Eggroll  
 Oriental Veggies  
 Steamed Fresh Broccoli  
 Chilled Fruit Variety  
 Assorted Fresh Fruit  
 Cold Milk Variety  
 Fortune Cookie

14  
 Taco Salad  
 Salsa & Chips  
 Perfect Pinto Beans  
 Chilled Fruit Cup  
 Fresh Fruit Choice  
 Cold Milk Variety

15  
 Beef Hotdog  
 Baked Beans  
 Green Beans  
 Chilled Fruit Cup  
 Frozen Fruit Sidekick®  
 Cold Milk Variety

18  
 Cheeseburger  
 Fries  
 Steamed Broccoli  
 Chilled Fruit Variety  
 100 % Fruit Juice Variety  
 Cold Milk Variety

19  
 Chicken & Waffles  
 Cheesy Broccoli  
 Whole Kernel Corn  
 Chilled Fruit Variety  
 100 % Fruit Juice  
 Cold Milk Variety

20  
 Spaghetti w/ Meatballs  
 Breadstick, WG  
 Turnip Greens  
 Blacked-Eyed Peas  
 Chilled Fruit Variety  
 Assorted Fresh Fruit  
 Cold Milk Variety  
 Cookie Treat with Meal

21  
 Corndog  
 Glazed Carrots  
 Breaded Okra  
 Chilled Fruit Variety  
 100 % Fruit Juice Variety  
 Cold Milk Variety

22  
 Beefy Nachos w/ Salsa  
 Perfect Pinto Beans  
 Sweet Potatoes  
 Chilled Fruit Variety  
 Frozen Fruit Sidekick®  
 Cold Milk Variety

25  


26  


27  


28  


29  


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.

This institution is an equal opportunity provider.

