

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B				1 Green Chile Egg & Cheese Taco	2 Coffee Cake & String Cheese
L				Southwestern Chicken Bowl with Spanish Brown Rice (1c), Black Beans (1/2c) & Whole Kernel Corn (1/4c)	Mongolian Beef (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)
CL				Turkey & Cheese Sandwich with BBQ Bean Salad (3/4c)	Caesar Chicken Tortilla Wrap with Green Salad (1c)
V				Cheese Tamal with Black Beans (1c)	Mongolian Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)
S				Greek Chicken Salad with a Wheat Dinner Roll	Santa Fe Chicken Salad with a Wheat Dinner Roll
5	Chocolate Crescent	6 Pancakes (2) with Syrup	7 Reduced Sugar Cinnamon Toast Crunch & WG Crackers	8 Maple Pancake Corn Dog	9 Mexican Concha
B	Breaded Chicken Patty Sandwich with Sweet Potato (1c)	Beef, Bean & Cheese Burrito with Whole Kernel Corn (1c)	Pepperoni Pizza with Green Salad (2c)	Chicken Taquitos (2) with Pinto Beans (1c)	Orange Chicken with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)
L	Cajun Chicken Pasta with Carrot Sticks (1c) & Ranch	Ham & Cheese Croissant Sandwich with BBQ Corn Salad (3/4c)	Turkey Salad Sandwich with Green Salad (1 1/2c)	Ham & Cheese Torta with Cilantro Bean Salad (3/4c)	Oriental Chicken Wheat Tortilla Wrap with Carrot Sticks (1/2c) & Ranch
CL	Garden Burger with Sweet Potato (1c)	Bean & Cheese Burrito with Whole Kernel Corn (1c)	Cheese Pizza with Green Salad (2c)	Shredded Cheese (2oz) Nachos (2oz) with Pinto Beans (1c)	Orange Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)
V	Caesar Chicken Salad with a Wheat Dinner Roll	Chef Turkey & Ham Salad with a Wheat Dinner Roll	Chinese Chicken Salad with a Wheat Dinner Roll	Greek Chicken Salad with a Wheat Dinner Roll	Santa Fe Chicken Salad with a Wheat Dinner Roll
S					
12		13 Waffles (2) with Syrup	14 Lucky Charms & WG Crackers	15 Beef, Cheese & Chili Flaquito	16 Mini Cinnamon Rolls
B		Macaroni & Cheese with Carrot Sticks (1c) & Ranch	Beef & Bean Chili with WG Saltines (6pkts) & Green Salad (1c)	Turkey Breast with Mashed Potatoes (1c), Gravy & Corn Bread (2oz)	Chicken Tamal with Green Salad (2c)
L		Cilantro Turkey Tortilla Wrap with Carrot Sticks (1/2c) & Ranch	Turkey & Cheese Torta with Cilantro Bean Salad (3/4c)	Italian Turkey, Ham & Cheese Hoagie Roll Sandwich with Basil Corn Salad (3/4c)	Caesar Chicken Tortilla Wrap with Carrot Sticks (1/2c) & Ranch
CL		Macaroni & Cheese with Carrot Sticks (1c) & Ranch	Bean Chili with Shredded Cheese (2oz), WG Saltines (6pkts) & Green Salad (1c)	Bean & Cheese Quesadilla with Whole Kernel Corn (1c)	Cheese Tamal with Green Salad (2c)
V		Chef Turkey & Ham Salad with a Wheat Dinner Roll	Chinese Chicken Salad with a Wheat Dinner Roll	Greek Chicken Salad with a Wheat Dinner Roll	Santa Fe Chicken Salad with a Wheat Dinner Roll
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19	Mini Bagels w/Cinnamon Cream Cheese	20 Pancakes (2) with Syrup	21 Coco Puffs & WG Crackers	22 	23 
B	Double Dog Chicken Hot Dogs with Sweet Potato (1c)	Penne Pasta (1c) & Meat Sauce (3/4c) with Whole Kernel Corn (3/4c)	Pepperoni Pizza with Green Salad (2c)		
L	Marinara Chicken Pasta with Carrot Sticks (1c) & Ranch	Creamy Basil Chicken Tortilla Wrap with BBQ Corn Salad (1/2c)	Turkey & Cheese Sandwich with Carrot Sticks (3/4c) & Ranch		
CL	Garden Burger with Sweet Potato (1c)	Penne Pasta (1c) & Marinara Sauce (1/2c) with Shredded Cheese (2oz) & Whole Kernel Corn (1/2c)	Cheese Pizza with Green Salad (2c)		
V	Caesar Chicken Salad with a Wheat Dinner Roll	Chef Turkey & Ham Salad with a Wheat Dinner Roll	Chinese Chicken Salad with a Wheat Dinner Roll		
S					
26	Zucchini Loaf	27 Cinnamon French Toast w/Syrup	28 Multi Grain Cheerios & WG Crackers	29 Green Chile Egg & Cheese Burrito	30 Coffee Cake & String Cheese
B	Beef (2oz) & Cheese (.5oz) Nachos (2oz) with Black Beans (1c)	Spaghetti (1c) & Meatballs with Green Salad (1 1/2c)	Chicken & Waffles with Mashed Potatoes (1c)	Chili Dog with Carrot Sticks (1c) & Ranch	Chicken Teriyaki with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)
L	Spinach Chicken Pasta with Cilantro Bean Salad (1c)	Turkey Salad Sandwich with Green Salad (1 1/2c)	Ham & Cheese Torta with BBQ Corn Salad (3/4c)	Turkey & Cheese Croissant Sandwich with Carrot Sticks (3/4c) & Ranch	Roasted Pepper Chicken Tortilla Wrap with Carrot Sticks (1/2c) & Ranch
CL	Shredded Cheese (2oz) Nachos (2oz) with Black Beans (1c)	Spaghetti (1c) & Marinara Sauce (1/2c) with Shredded Cheese (2oz) & Green Salad (1c)	Garden Burger with Mashed Potatoes (1c)	Bean & Cheese Torta with Carrot Sticks (3/4c) & Ranch	Teriyaki Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)
V	Caesar Chicken Salad with a Wheat Dinner Roll	Chef Turkey & Ham Salad with a Wheat Dinner Roll	Chinese Chicken Salad with a Wheat Dinner Roll	Greek Chicken Salad with a Wheat Dinner Roll	Santa Fe Chicken Salad with a Wheat Dinner Roll
S					

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1 cup (juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Cho)

School Notes: JUICE ON TUESDAYS & THURSDAYS// SEND BUNS ON SIDE // LACHSA SEND PREPACKAGED BURGERS // NO PIZZA FOR LACHSA // NO SIDE SALAD FOR LACHSA



"Eat Right, Be Bright!"

