



MENU SUBJECT TO CHANGE

MON	TUE	WED	THU	FRI
2 WG chicken drummies served with a biscuit Mashed potatoes with low fat gravy Buttered corn Diced pears Fresh apple	3 Meatball hoagie Steamed green beans Romaine salad with roasted chick peas Pineapple tidbits Fresh orange quarters	4 Buttered WG mini cheese pierogies Mixed vegetables Celery sticks with ranch dip Sliced peaches Fresh apple	5 WG cheese lasagna rollup served with a wheat breadstick Seasoned peas Tossed garden salad 100% apple juice Grapes	6 WG Big Daddy harvest wedge pizza slice California vegetable blend Baby carrots Mixed fruit Fresh apple
9 Hamburger or cheeseburger on a wheat bun Oven baked sweet potato fries Lettuce & tomato slices Applesauce cup Raisins	10 WG chicken nuggets served with a wheat dinner roll and dipping sauce Potatoes that smile Fresh baby carrots Sliced peaches Fresh apple	11 WG rotini with meat sauce served with a wheat breadstick Steamed green beans Romaine salad Mixed fruit Fresh apple slices	12 Hot ham and cheese on a wheat pretzel bun Vegetarian baked beans Celery sticks with ranch dip Pineapple tidbits Fresh orange quarters	13 Mickey's WG wedge pizza slice Steamed broccoli Tossed garden salad Diced pears Fresh apple
16 Bosco pepperoni and cheese sticks served with marinara sauce California vegetable blend Tossed garden salad Applesauce cup WG mini chocolate chip cookies	17 Hot dog on a wheat bun Vegetarian baked beans Assorted raw vegetables Diced peaches Fresh apple	18 WG lightly breaded chicken tenders served with a wheat dinner roll and dipping sauce Brown rice Cauliflower and broccoli blend Pineapple tidbits Fresh apple	19 Sloppy joe on a wheat bun Peas and carrots Cucumber sticks Mandarin oranges Fruitable juice box	20 WG round cheese or pepperoni pizza Orange glazed carrots Spinach salad Mixed fruit Petite banana
23 Macaroni and cheese Stewed tomatoes Raw broccoli tops Sliced peaches Raisins	24 <b>Apple Crunch Day</b> WG chicken patty on a wheat bun Tater tots Lettuce & tomato slices Fresh apple slices Apple crisp	25 <b>Brunch for Lunch</b> WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice	26 Tomato soup with wheat saltine crackers Toasted cheese sandwich on wheat bread Assorted raw vegetables Mixed fruit Fresh apple	27 WG stuffed crust pizza Mixed vegetables Romaine salad with roasted chick peas Pineapple tidbits Fresh apple
30 Cheesesteak hoagie Sweet potato bites Tossed garden salad Applesauce cup Orange quarters	31 <b>Early Dismissal</b> Soft beef taco with shredded lettuce, tomato, cheese and salsa cup Brown rice Refried beans Mandarin oranges Pumpkin sugar cookie			<b><u>Nutrition Tip Of The Month</u></b>  Apples are high in fiber, Vitamin C and various antioxidants.

LUNCH MEAL PRICES

\$2.35 - ELEMENTARY  
 \$0.40 - REDUCED  
 \$0.50 - MILK VARIETY  
 \$3.50 ADULT LUNCH PRICE

DAILY LUNCH OFFERINGS

HOT ENTRÉE  
 OR

DELI OPTIONS:

TURKEY ON WHOLE GRAIN WHITE BREAD  
 PEANUT BUTTER AND JELLY UNCRUSTABLE  
 CHEF SALAD  
 YOGURT

YOU MUST CHOOSE AT LEAST 3 OF THE 5 COMPONENTS AVAILABLE FOR THE SCHOOL LUNCH PRICE:

MEAT/MEAT ALTERNATE  
 VEGETABLE  
 FRUIT  
 GRAIN/BREAD  
 MILK

\*STUDENTS MUST TAKE A 1/2 CUP OF FRUIT OR VEGETABLES DAILY

BREAKFAST MEAL PRICES

\$1.25 - ELEMENTARY  
 \$0.30 - REDUCED  
**FREE LUNCH = FREE BREAKFAST**

DAILY BREAKFAST OFFERINGS

WHOLE GRAIN CEREAL OR CEREAL BAR  
 100% FRUIT JUICES  
 FRESH FRUIT  
 MILK - VARIETY

HOT ITEM EVERY FRIDAY

MILK VARIETY

FAT FREE WHITE  
 FAT FREE CHOCOLATE  
 1% WHITE  
 LACTAID