

**MENU SUBJECT TO CHANGE**

**LUNCH MEAL PRICES**

\$2.75—HIGH SCHOOL  
\$0.40—REDUCED  
\$0.50—MILK VARIETY  
\$3.50—ADULT PRICE

**DAILY LUNCH OFFERINGS**

WHOLE GRAIN CHICKEN PATTY ON  
A WHEAT BUN SERVED ON BOTH THE GYM  
& LGI SERVING LINES

**DELI OPTIONS:**

**\*SERVED ONLY ON GYM SERVING SIDE\***  
WILDCAT HOAGIE  
PEANUT BUTTER AND JELLY  
CHEF SALAD  
LOWFAT YOGURT WITH GRAHAM  
CRACKERS

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

**BREAKFAST MEAL PRICES**

\$1.25—HIGH SCHOOL  
\$0.30—REDUCED

**DAILY BREAKFAST OFFERINGS**

WHOLE GRAIN CEREAL OR  
CEREAL BAR  
100% FRUIT JUICE  
FRESH FRUIT  
MILK—VARIETY


**HOT ITEM EVERY FRIDAY**

**MILK VARIETY**

FAT FREE WHITE  
FAT FREE CHOCOLATE  
1% WHITE  
LACTAID

**NUTRITION TIP OF THE MONTH**

**Turn the TV and cell phones  
off during meal time. Keep  
table talk positive fun family  
time.**

MON	TUE	WED	THU	FRI
<p>1</p> <p>NO SCHOOL</p> 	<p>2</p> <p><b><u>LGI</u></b> Buffalo chicken tenders served with a wheat dinner roll Sweet potato bites Fruitable juice box Applesauce cup <b><u>GYM</u></b> Cheesesteak hoagie Sweet potato bites Fruitable juice box Applesauce cup</p>	<p>3</p> <p><b><u>LGI</u></b> WG mozzarella cheese sticks with marinara sauce Crinkle cut fries Fresh baby carrots Craisins Fresh apple <b><u>GYM</u></b> WG turkey corn dog nuggets Crinkle cut fries Fresh baby carrots Craisins Fresh apple</p>	<p>4</p> <p><b><u>LGI</u></b> Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Refried beans Mandarin oranges Fresh apple <b><u>GYM</u></b> WG meat lover's stromboli with marinara sauce Brown rice Tossed garden salad Mandarin oranges Fresh apple</p>	<p>5</p> <p><b><u>LGI</u></b> WG French bread pizza Steamed broccoli Celery sticks with ranch dip Mixed fruit Petite banana <b><u>GYM</u></b> WG stuffed shells served with a wheat breadstick Steamed broccoli Celery sticks with ranch dip Mixed fruit Petite banana</p>
<p>8</p> <p><b><u>LGI</u></b> Chicken alfredo with a twist served with a wheat dinner roll Steamed green beans Romaine salad Sliced peaches Fresh apple <b><u>GYM</u></b> Bosco pepperoni and cheese sticks served with marinara sauce Steamed green beans Romaine salad Sliced peaches Fresh apple</p>	<p>9</p> <p><b><u>LGI</u></b> Hot dog on a wheat bun Vegetarian baked beans Assorted raw vegetables Diced peaches Fresh apple <b><u>GYM</u></b> Hot-n-spicy chicken patty on a wheat bun Vegetarian baked beans Assorted raw vegetables Diced peaches Fresh apple</p>	<p>10</p> <p><b><u>LGI</u></b> WG lightly breaded chicken tenders served with dipping sauce and a wheat dinner roll Mashed potatoes with low fat gravy Buttered corn Pineapple tidbits Fresh apple <b><u>GYM</u></b> BBQ pork riblet on a wheat bun Buttered corn Tossed garden salad Pineapple tidbits Fresh apple</p>	<p>11</p> <p><b><u>LGI</u></b> Sloppy joe on a wheat bun Baked tater tots Peas and carrots Mandarin oranges 100% apple juice <b><u>GYM</u></b> WG 3-cheese calzone Peas and carrots Tossed garden salad Mandarin oranges 100% apple juice</p>	<p>12</p> <p><b><u>LGI</u></b> WG round cheese pizza or pepperoni pizza Orange glazed carrots Spinach salad Diced pears Fresh apple slices <b><u>GYM</u></b> Veal parm on a wheat bun Orange glazed carrots Spinach salad Diced pears Fresh apple slices</p>

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High School**

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**Nutrition Tip Of The Month**

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MON	TUE	WED	THU	FRI
<p>15</p> <p align="center"><b>NO SCHOOL</b></p>  <p align="center"><b>MARTIN LUTHER KING, JR. DAY</b></p>	<p>16 <b><u>LGI</u></b> <b><u>Wildcat McMuffin</u></b> Egg, ham and cheese on a WG English muffin Potatoes that smile Tossed garden salad Peach slices Fresh apple <b><u>GYM</u></b> Grilled chicken on a wheat Kaiser roll Potatoes that smile Lettuce and tomato slices Peach slices Fresh apple</p>	<p>17 <b><u>LGI</u></b> <b><u>Brunch for Lunch</u></b> WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice <b><u>GYM</u></b> Hot-n-spicy chicken patty on a wheat bun Hash brown patty Tossed garden salad Applesauce cup 100% orange juice</p>	<p>18 <b><u>LGI</u></b> Chicken parm with a side of pasta and a wheat breadstick Steamed green beans Assorted raw vegetables Mixed fruit Fresh apple <b><u>GYM</u></b> Tomato soup with wheat saltine crackers Toasted cheese sandwich on wheat bread Assorted raw vegetables Mixed fruit Fresh apple</p>	<p>19 <b><u>LGI</u></b> WG stuffed crust pizza slice Mixed vegetables Romaine salad with roasted chick peas Pineapple tidbits Petite banana <b><u>GYM</u></b> Potato and cheese pierogies Mixed vegetables Romaine salad with roasted chick peas Pineapple tidbits Petite banana</p>
<p>22 <b><u>LGI</u></b> Macaroni and cheese Stewed tomatoes Raw broccoli tops Diced peaches Dried craisins <b><u>GYM</u></b> Pizza burger on a wheat bun WG tortilla chips with salsa Raw broccoli tops Diced peaches Dried craisins</p>	<p>23 <b><u>LGI</u></b> Meatball hoagie Steamed green beans Tossed garden salad Pineapple tidbits Fresh orange quarters <b><u>GYM</u></b> Bosco pepperoni and cheese sticks served with marinara sauce Steamed green beans Tossed garden salad Pineapple tidbits Fresh orange quarters</p>	<p>24 <b><u>LGI</u></b> Buttered WG mini cheese pierogies Mixed vegetables Celery sticks with ranch dip Sliced pears Fresh apple <b><u>GYM</u></b> Buffalo chicken tenders served with a wheat dinner roll Mixed vegetables Celery sticks with ranch dip Sliced pears Fresh apple</p>	<p>25 <b><u>LGI</u></b> WG cheese lasagna rollup served with a wheat breadstick Buttered corn Romaine salad with chick peas Fruitable juice box Fresh apple <b><u>GYM</u></b> Shredded pork BBQ on wheat slider buns Buttered corn Romaine salad with chick peas Fruitable juice box Fresh apple</p>	<p>26 <b><u>LGI</u></b> WG Big Daddy harvest wedge pizza slice California vegetable blend Fresh baby carrots Mixed fruit Fresh apple <b><u>GYM</u></b> Veal parm on a wheat bun California vegetable blend Fresh baby carrots Mixed fruit Fresh apple</p>

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29 <b>LGI</b> Chili in a wheat bread bowl topped with cheddar cheese Oven baked sweet potato fries Tossed garden salad Applesauce cup Fresh apple <b>GYM</b> Hamburger or cheeseburger on a wheat bun Oven baked sweet potato fries Lettuce and tomato slices Applesauce cup Fresh apple	30 <b>LGI</b> WG chicken nuggets served with a wheat dinner roll and dipping sauce Potatoes that smile Tossed garden salad Diced peaches Fresh apple <b>GYM</b> BBQ pork riblet on a wheat bun Potatoes that smile Tossed garden salad Diced peaches Fresh apple	31 <b>LGI</b> Buffalo chicken hoagie served with celery and blue cheese Vegetarian baked beans Pineapple tidbits Fresh orange quarters <b>GYM</b> Hot ham and cheese on a wheat bun Vegetarian baked beans Assorted raw vegetables Pineapple tidbits Fresh orange quarters		
		<p style="text-align: center;"><u><a href="#">Nutrition Tip Of The Month</a></u></p> <p style="text-align: center; color: red;">Turn the TV and cell phones off during meal time. Keep table talk positive fun family time.</p>		

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