



MON	TUE	WED	THU	FRI
<p>1</p> <p><b>NO SCHOOL</b></p>  <p>NO SCHOOL</p>	<p>2 <b>A</b> Cheesesteak hoagie <b>B</b> Buffalo chicken tenders served with a wheat dinner roll <b>Sides:</b> Sweet potato bites Fruitable juice box Applesauce cup</p>	<p>3 <b>A</b>WG turkey corndog nuggets <b>B</b> Cheeseburger with turkey bacon on a wheat bun <b>Sides:</b> Crinkle cut fries Fresh baby carrots Dried raisins Fresh apple</p>	<p>4 <b>A</b> Soft beef taco with shredded lettuce, tomato, cheese and salsa <b>B</b> WG meat lover's stromboli with marinara sauce <b>Sides:</b> Brown rice Refried beans Mandarin oranges Fresh apple</p>	<p>5 <b>A</b> WG French bread pizza <b>B</b> WG stuffed shells served with a wheat breadstick <b>Sides:</b> Steamed broccoli Celery sticks with ranch dip Mixed fruit Petite banana</p>
<p>8 <b>A</b> Chicken alfredo with a twist served with a wheat dinner roll <b>B</b> Bosco pepperoni and cheese sticks served with marinara sauce <b>Sides:</b> Steamed green beans Romaine salad Sliced peaches Fresh apple</p>	<p>9 <b>A</b> Hot dog on a wheat bun <b>B</b> Hot-n-spicy chicken patty on a wheat bun <b>Sides:</b> Vegetarian baked beans Assorted raw vegetables Diced peaches Fresh apple</p>	<p>10 <b>A</b> WG lightly breaded chicken tenders served with a wheat dinner roll and dipping sauce <b>B</b> BBQ pork riblet on a wheat bun <b>Sides:</b> Mashed potatoes with low fat gravy Buttered corn Pineapple tidbits Fresh apple</p>	<p>11 <b>A</b> Sloppy joe on a wheat bun <b>B</b> WG 3 cheese calzone <b>Sides:</b> Baked tater tots Peas and carrots Mandarin oranges 100% apple juice</p>	<p>12 <b>A</b> WG round cheese pizza or pepperoni pizza <b>B</b> WG cheese lasagna rollup served with a wheat breadstick <b>Sides:</b> Orange glazed carrots Spinach salad Diced pears Fresh apple slices</p>
<p>15</p> <p><b>NO SCHOOL</b></p>  <p>MARTIN LUTHER KING, JR. DAY</p>	<p>16 <b>A</b> Buffalo chicken hoagie <b>B</b> BBQ pork riblet on a wheat bun <b>Sides:</b> Potatoes that smile Celery sticks with blue cheese Peach slices Fresh apple</p>	<p>17 <b>Brunch for Lunch</b> WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice</p>	<p>18 <b>A</b> Toasted cheese sandwich on wheat bread <b>B</b> Pizza burger on a wheat bun <b>Sides:</b> Tomato soup with wheat saltine crackers Assorted raw vegetables Mixed fruit Fresh apple</p>	<p>19 <b>A</b> WG stuffed crust pizza <b>B</b> Potato and cheese pierogies <b>Sides:</b> Mixed vegetables Romaine salad with roasted chick peas Pineapple tidbits Fresh apple</p>

**LUNCH MEAL PRICES**

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

**DAILY LUNCH OFFERINGS**

**HOT ENTRÉES**

CHOICES INCLUDE A WHOLE GRAIN CHICKEN PATTY ON A WHEAT BUN

**DELI OPTIONS:**

WILDCAT HOAGIE  
PEANUT BUTTER AND JELLY  
CHEF SALAD  
YOGURT

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

**BREAKFAST MEAL PRICES**

\$1.25—MIDDLE 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>22 <b>A</b> Macaroni and cheese <b>B</b> Mickey's WG white pizza slice <b>Sides:</b> Stewed tomatoes Raw broccoli tops Diced peaches Dried raisins</p>	<p>23 <b>A</b> Meatball hoagie <b>B</b> Bosco pepperoni and cheese sticks with marinara sauce <b>Sides:</b> Steamed green beans Tossed garden salad Pineapple tidbits Fresh orange quarters</p>	<p>24 <b>A</b> Buffalo chicken tenders served with a wheat dinner roll <b>B</b> Buttered WG mini cheese pierogies <b>Sides:</b> Mixed vegetables Celery sticks with ranch dip Sliced pears Fresh apple</p>	<p>25 <b>A</b> WG cheese lasagna rollup served with a wheat breadstick <b>B</b> Shredded pork BBQ on wheat slider buns <b>Sides:</b> Buttered corn Romaine salad with chick peas Fruitable juice box Fresh apple slices</p>	<p>26 <b>A</b> WG Big Daddy harvest wedge pizza slice <b>B</b> Veal parm on a wheat bun <b>Sides:</b> California vegetable blend Fresh baby carrots Mixed fruit Fresh apple</p>
<p>29 <b>A</b> Hamburger or cheeseburger on a wheat bun <b>B</b> Grilled chicken on a wheat Kaiser roll <b>Sides:</b> Oven baked sweet potato fries Lettuce and tomato slices Applesauce cup Fresh apple</p>	<p>30 <b>A</b> WG chicken nuggets served with a wheat dinner roll and dipping sauce <b>B</b> BBQ pork riblet on a wheat bun <b>Sides:</b> Potatoes that smile Tossed garden salad Diced peaches Fresh apple</p>	<p>31 <b>A</b> Hot ham and cheese on a wheat pretzel bun <b>B</b> Cheesesteak wrap <b>Sides:</b> Vegetarian baked beans Assorted raw vegetables Pineapple tidbits Fresh orange quarters</p>	<p>Access account balances or to make an online payment at  myschoolaccount.com</p>	<p><u>Nutrition Tip Of The Month</u>  Turn the TV and cell phones off during meal time. Keep table talk positive fun family time.</p>

*USDA is an equal opportunity employer and provider.*

**MENU SUBJECT TO CHANGE**

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\$0.40—REDUCED  
\$0.50—MILK VARIETY  
\$3.50 ADULT LUNCH PRICE

DAILY LUNCH OFFERINGS

HOT ENTRÉES

CHOICES INCLUDE A WHOLE GRAIN CHICKEN PATTY ON A WHEAT BUN

DELI OPTIONS:

WILDCAT HOAGIE  
PEANUT BUTTER AND JELLY  
CHEF SALAD  
YOGURT

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

BREAKFAST MEAL PRICES

\$1.25—MIDDLE SCHOOL  
\$0.30—REDUCED

DAILY BREAKFAST OFFERINGS

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

HOT ITEM EVERY FRIDAY

**Did you know.....**

**my school account.com provides parents with the ability to create a low balance notification via email?**

MILK VARIETY

FAT FREE WHITE  
FAT FREE CHOCOLATE  
1% WHITE  
LACTAID