

|                          | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|--------------------------|---|--|---|---|--|
| <b>Week 1<br/>Yellow</b> | <b>Meatless Monday!</b><br>Grilled Cheese Sandwich-26g<br>Homemade Baked Beans-32g<br>Diced Peaches-12g<br>Low Fat or Fat Free Milk-12g   | <b>Fan Favorite!</b><br>Walking Taco with<br>Lettuce & Cheese-31g<br>Sweet Corn-16g<br>100% Fruit Juice Carton-15g<br>Low Fat or Fat Free Milk-12g                     | Italian Meatball Sub<br>Marinara Sauce & Cheese-38g<br>Seasoned Green Beans-4g<br>Cinnamon Applesauce Cup-17g<br>Low Fat or Fat Free Milk-12g           | WG French Bread Pizza-33g<br>Home Cooked Greens-6g<br>WG Teddy Grahams-16g<br>Pineapple Tidbits-20g<br>Low Fat or Fat Free Milk-12g                     | <b>Breakfast for Lunch!</b><br>Whole Grain Pancake Wrapped<br>Turkey Sausage Minis-17g<br>Hash-brown Potato Coins-16g<br>Fresh Orange Slices-12g<br>Low Fat or Fat Free Milk-12g |
| <b>Week 2<br/>Blue</b>   | <b>Meatless Monday!</b><br>Cheese Stuffed Breadsticks-32g<br>Marinara Sauce Cup-4g<br>California Blend Vegetables-3g<br>Diced Peaches-12g<br>Low Fat or Fat Free Milk-12g   | Breaded Chicken Nuggets-13g<br>BBQ Sauce-11g<br>Whole Grain Cornbread loaf-28g<br>Homemade Baked Beans-32g<br>Diced or Fresh Pears-14g<br>Low Fat or Fat Free Milk-12g | Cheese Burger<br>On a Whole Grain Bun-27g<br>Curly Fries-15g<br>Fresh Fruit Selection-15g<br>Low Fat or Fat Free Milk-12g                               | Max Pepperoni Pizza- 38g<br>Mediterranean or Fresh Broccoli-3g<br>Whole Grain Scooby Snacks-21g<br>Fruit Cocktail-16g<br>Low Fat or Fat Free Milk-12g   | <b>Cook's Choice</b><br>Assorted Vegetables<br>Assorted Fruit<br>Low Fat or Fat Free Milk-12g  |
| <b>Week 3<br/>Purple</b> | <b>Meatless Monday!</b><br>Yogurt Cup-15g<br>French Toast Sticks-23g<br>Maple Syrup Dipping Cup-30g<br>WG Graham Crackers-19g<br>Fresh Baby Carrots-4g<br>Cinnamon Applesauce Cup-17g<br>Low Fat or Fat Free Milk-12g | Chicken Pattie Sandwich-15g<br>On a Whole Grain Bun-25g<br>Home Cooked Greens-6g<br>100% Fruit Juice Carton-14/15g<br>Low Fat or Fat Free Milk-12g                     | Salisbury Steak with Gravy-5g<br>Creamy Mashed Potatoes-18g<br>Whole Grain Dinner Roll-22g<br>Fresh Fruit Selection-15g<br>Low Fat or Fat Free Milk-12g | Whole Grain Pizza Stick- 30g<br>Lemon Pepper or Fresh Carrots-4g<br>WG Teddy Grahams-16g<br>Diced or Fresh Pears-14g<br>Low Fat or Fat Free Milk-12g    | All American All Beef Hot Dog<br>On a Whole Grain Bun-25g<br>Homemade Baked Beans-32g<br>Fresh Apple Slices-7g<br>Low Fat or Fat Free Milk-12g                                   |
| <b>Week 4<br/>Red</b>    | <b>Meatless Monday!</b><br>Nachos with<br>Tex Mex Black Bean Salsa<br>and WG Tortilla Chips-36g<br>Cheese Stick-1g<br>Pineapple Tidbits-20g<br>Low Fat or Fat Free Milk-12g   | Chicken & Waffles -16g/12g<br>Maple Syrup Dipping Cup-30g<br>Seasoned or Fresh Carrots-4g<br>Tropical Fruit Salad-15g<br>Low Fat or Fat Free Milk-12g                  | WG Beef Taco Stick -32g<br>Salsa Cup-3g<br>Sweet Corn-16g<br>Fresh Fruit Selection-15g<br>Low Fat or Fat Free Milk-12g                                  | Max Pepperoni Pizza-38g<br>Mediterranean or Fresh Broccoli-3g<br>WG Goldfish Crackers-14g<br>Mandarin Orange Slices-15g<br>Low Fat or Fat Free Milk-12g | Turkey & Cheese Sand Wedge-30g<br>Mayo/Mustard packet<br>100% Vegetable/Fruit Juice-15g<br>WG Tiny Pretzel Twists-11g<br>Fresh Apple Slices-7g<br>Low Fat or Fat Free Milk-12g   |
| <b>More<br/>Info</b>     | Peanut Butter and Jelly Sandwich-<br>40g<br>PB&J Uncrustable-34g  | ***Add 8g of carbs to total if student<br>drinks strawberry or chocolate milk***   | Numbers on menu refer to counted<br>carbohydrates.<br>WG = Whole Grain  | Menu items are subject to change<br>without notice.   | Fresh Fruit Selection<br>Served Daily, based on availability and<br>season.  |