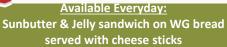


All lunches MUST include a fruit or vegetable

and MAY include 1%, skim or low-fat chocolate milk



Chicken Caesar Salad with WG Dinner Roll

\$ _ \$

Ó - Ò

Chicken Caesar Salad with WG Dinner Roll				Menus are subject to change based or	
WG Bagel served with a cheese stick & low-fat yogurt Cups		s and drinking water are available in every cafeteria		ct availability or substitution WG = Whole Grain	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Spaghetti with Meatballs Marinara Sauce Breadstick Broccoli Plums	Beef Nachos Lettuce, Tomato & Cheese Campfire Pinto Beans Granny Smith Apple	Pancakes Turkey Sausage Baked Tator Tots Peach	Yom X Kippur	Cheese Pizza Meatball Pizza Carrots Strawberry	
Week 1 Weekly Specials: HOT: Cheddar Cheese Melt COLD: Chicken Ranch Salad w/ Dinner Roll					
Macaroni & Cheese Breadstick Green Beans	Cilantro Rice, Bean & Cheese Burrito Salsa Black Beans CT GROW	Chicken Dumplings 8 Steamed Rice Broccoli /N FOR KIDS' WE	French Toast Sticks 9 Turkey Sausage Baked Tator Tots	EARLY DISMISSAL Bagel Fun Lunch OR Sunbutter & Jelly Sandwich OR Hamburger/Cheeseburger	
Week 2 Weel	kly Specials: HOT: Hamburger o	r Cheeseburger COLD: Humr	nus, Veggie & Tortilla Lunch Kit	Carrots Apple	
HAPPY COLUMBUS DAY	Beef Soft Tacos Sante Fe Rice Kickin' Pinto Beans Orange Wedges	Honey Stung Popcorn Chicken & Rice Bowl Green Beans Grapes	Chicken Parmesan Melt Broccoli Melon Slices	Cheese Stuffed Bread Sticks With Marinara Dipping Sauce Romaine Garden Side Salad Gala Apple	
Week 3 Week	ly Specials: HOT: Bean & Chees	e Quesadilla COLD: Italian Chi	cken Caesar Pasta Salad w/ WC	Dinner Roll	
20 Cheesy Baked Penne Garlic Breadstick Green Beans Pink Grapefruit	Beef Nachos Fiesta Rice 3 Bean Salad Peach	BBQ Chicken & Chedda 22 Melt Baked French Fries Orange Wedges	Waffles 23 Turkey Sausage Sweet Potato Wedges Grapes	Cheese Pizza Pepperoni Pizza Carrots Melon Slices	
Week 4 Weekly Specials HO	OT: Chicken Tenders & WG Dinn	er Roll COLD: All American	Lunch Kit – Soft Pretzel, Sliced T	urkey & Mozzarella Cheese	
Chicken Penne Alfredo Garlic Bread Broccoli Plum	Chicken & Cheese Quesadilla WG Brown Rice Salsa Black Beans Grapes Granny Smith Apple	Chicken Nuggets Cornbread Corn on the Cob Orange Wedges	Pancakes Turkey Sausage Sweet Potato Wedges Pink Grapefruit	Cheese Pizza Meatball Pizza Romaine Garden Side Salad Strawberry	
Week 5 Weekly Specials HOT: Beef Meatball Parmesan Grinder COLD: Greek Yogurt Parfait with Blueberries and Granola					