



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5 PB&J Sandwich Seasoned Corn Juice	6 CHEESY ITALIAN BREAD Marinara Dipping Sauce Marinara Dipping Sauce Juice	7 Hot Pocket WG Potato Wedges Juice	8
9	10 Hamburgers Apple Baked Beans Baby Carrots RANCH CUP	11 TORNADO RANCHEROS Cheese Quesadilla Cool Ranch Chips Seasoned Corn Salsa Apple	12 Nathan's Hot Dogs WG Tater Tots Apple Romaine Salad Tomatoes Ranch Dressing	13 CHEESE PIZZA CRUNCHERS BISCUIT STICKS Banaine Salad Romaine Salad Celery Sticks Baby Carrots Ranch Dressing	14 French Bread Pizza Celery Sticks Romaine Salad Apple Ranch Dressing	15
16	17	18 Taco Stick Pinto Beans Salsa Lettuce, Chopped Sliced Tomatoes Apple Ranch Dressing	19 Chicken Nuggets Dill Chicken Bites Italian Breadstick Apple Romaine Salad Celery Sticks Ranch Dressing	20 MEXICAN CALZONE Cheese Quesadilla Cool Ranch Chips Pinto Beans Salsa Oranges	21 French Bread Pizza Celery Sticks Romaine Salad Apple Ranch Dressing	22
23	24 Chix Sandwich WG Fresh Broccoli Sliced Tomatoes Celery Sticks Applesauce Cups Ranch Dressing	25 Chicken Quesadilla Cheese Quesadilla Cool Ranch Chips Pinto Beans Salsa Oranges	26 MACARONI AND CHEESE Fresh Broccoli Baby Carrots Apple Ranch Dressing	27 Nathan's Hot Dogs WG Tater Tots Cole Slaw Grapes	28 PEPPERONI CALZONE Romaine Salad Tomatoes Apple Bananas Ranch Dressing	29
30	31 Corn Dog WG Apple Celery Sticks Baby Carrots Ranch Dressing					

Lunch provides meat/meat alternate, whole grain rich items, vegetables, fruit, and milk. Breakfast provides whole grain rich items, meat/meat alternate, fruit/vegetables, and milk. A variety of milk is offered for both meals. For lunch, students must choose at least three of the components offered, with one of those three including at least 1/2 cup of fruit or vegetables. Students may select all five items if they desire. For breakfast, students must select at least three items with one being at least 1/2 cup of fruit or vegetable, or they may select all items. Thanks to USDA waivers, student meals are offered this year at no charge!