

Menu Information: (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Chef Salad is served each day w/ 1 slice Homemade WG Bread Yogurt/Cheese is served each day w/ 1 slice Homemade WG Bread **NEW ITEM **Hoagie Sandwich** a Combination of Turkey-Ham-Cheese on Bun.**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
USDA is an equal opportunity provider and employer.



Monday

Tuesday

Wednesday

Thursday

Friday

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8

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10

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12

15

WELCOME BACK TO SCHOOL

Hot Dog on Bun (23) or Turkey Wrap (24) or Chef Salad(18)Crackers(10)or Yogurt & Cheese (38)Granola(7)
Baked Beans (14)

17

Oven Fried Chicken (11) w/Dinner Roll (14) or Ham & Cheese Flatbread (28) or Chef Salad (18) Croutons (14) or Yogurt & Cheese (38) Granola(13)
Mashed Potatoes(20)Gravy(4)

18

Mini Pepperoni Calzone (K-5) 23) (6th) 35) or ****Hoagie Sandwich (36)NEW ITEM OR** Chef Salad (18) Crackers(10) or Yogurt & Cheese (38) Granola(7)
Corn (16)

19

Breaded Pork on Bun (42) or Chicken Salad Sandwich (36) Chef Salad (18) Croutons (14) or Yogurt & Cheese (38) Granola (13)
Peas & Carrots (8)

22

Rotini (32) & Meat Sauce(7) w/Garlic Cheese Bread (14) or Tuna Salad Sandwich (33) or Chef Salad (18) Croutons (14) or Yogurt & Cheese (38) Granola(13)

23

Macho Nacho (24) or Ham & Cheese Wrap (23) or Chef Salad (18) Crackers (10) or Yogurt & Cheese (38) Granola (7)
Refried Beans (12)

24

Chicken Tetrazinni (25) w/Dinner Roll (14) or ****Hoagie Sandwich (36) NEW ITEM OR** Chef Salad (18) Croutons(14) or Yogurt & Cheese (38) Granola (13)
Mixed Vegetables (12)

25

Sausage Patty (0) w/Pancakes(27) & Syrup(29) PBJ Sandwich (35) or Chef Salad (18) Crackers (10) or Yogurt & Cheese (38)
Tater Tots (20)

26

Popcorn Chicken(13) w/Dinner Roll(14) or Tuna Salad Sandwich (33) or Chef Salad (18) Croutons (14) or Yogurt & Cheese (38) Granola (13)
Broccoli w/Cheese (5)

29

Hamburger on Bun (33) or Chicken Salad Sandwich (36) or Chef Salad (18) Croutons(14) or Yogurt & Cheese (38) Granola(14)
Potato Smiles (20)

30

Mandarin Chicken (14) w/ Egg Roll (22) or PBJ Sandwich (35) Chef Salad (18) Crackers (10) Yogurt & Cheese (38) Granola (7)
Fried Rice w/Vegetables (17)

31

Would you like to join your child for lunch? We'd love to have you. Please call the office by 9 am to be included in our daily lunch count. Adult meals cost \$3.50. What a bargain!!

Fruit/Vegetable Bar and Milk served with every meal. Full meal price \$2.60 Extra entree \$2.00 (needs to be ordered when lunch count is taken)