



Let kids plan one meal a week and eat together as often as possible.

USDA is an Equal Opportunity Provider and Employer

Menu Information: Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily. (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Cold Deli Sandwiches served on Sub Bun: Turkey/Cheese or Ham/Cheese or Hoagie (Turkey/Ham/Cheese) Sandwich (30) Chicken Salad (34) or Tuna Salad (30) Chef Salad is served each day w/ Bread & Croutons (29) Yogurt/Cheese is served each day w/ Bread & Granola(47)

Monday

NO SCHOOL

2

Tuesday

NO SCHOOL

3

Wednesday

Mini Corndogs
(7-8 (28) (9-12(38) or
Roast Chicken on Bun (33)

4

Baked Beans (29)

Thursday

Chicken Strips
(7-8(16) (9-12(21)
w/Chicken/Herb CousCous (11)
HMD Bread (17) or
Ham & Cheese Wrap (25)
Mixed Vegetables (12)

5

Friday

Cheeseburger on Bun(33) or
Jeff Rib on Sub Bun (38)

6

Seasoned French Fries (25)

Teriyaki Chicken(21)
w/Egg Roll (22)& Seasoned
Rice(24) or
BBQ Steak on Bun (41)
Fresh Veggies

9

Popcorn Chicken(13)
w/HMD Bread (17) or
Cheeseburger on Bun(33)

10

Broccoli w/Cheese(5)

HMD Beef Pizza(36) or
Chicken/Cheese
Flatbread(25)

11

Corn (16)

Chicken Noodle
Casserole(25) w/HMD Bread (17)
or
Jeff Rib on Sub Bun (38)
Green Peas (11)

12

Macho Nacho
(7-8(24) (9-12(40) or
Ham & Cheese Wrap (25)

13

Refried Beans (23)

Fiestada Pizza (38) or
Hamburger on Bun (33)

16

Corn (16)

Sloppy Joe on Bun(37) or
Chicken/Cheese Wrap(24)

17

Baked Beans(29)

General TSO Chicken(40)
w/Seasoned Rice(24) or
Jeff Rib on Sub Bun (38)

18

Broccoli (5)

Spaghetti Sauce (6)
w/Rotini(42)
Cheesy Breadstick(17) or
Roast Chicken on Bun (33)
Fresh Veggies

19

Chicken & Cheese
Enchilada(25) w/Spicy
CousCous(7-8 (12)(9-12(23) or
BBQ Steak on Bun (41)
Refried Beans (23)

20

Cheeseburger on Bun(33)
or
Chicken/Cheese Flatbread(25)

23

Seasoned Fries (25)

Chicken Alfredo Pizza(40) or
Jeff Rib on Sub Bun(38)

24

Green Peas (11)

Sausage Patty (0)
w/Pancakes(27)Syrup(30)or
BBQ Chicken on Bun (40)

25

Tater Tots (20)

Taco Soup (25)
w/Cornbread(17)&Tortilla
Chips(19) or
Hamburger on Bun(33)
Fresh Veggies

26

Blue Valley Brand
Hot Dog on Bun(25) or
Chicken Fajita Flatbread(25)

27

Baked Beans(29)

Soft Shell Taco
(7-8(25) (9-12(32) or
Roast Chicken on Bun (33)

30

Refried Beans (23)

Mini Corndogs
(7-8)28) (9-12(38) or
Ham & Cheese Flatbread(28)

31

Corn (16)

Jr-Sr High Lunch Price
\$2.85 Extra Entrée \$2.00
Side of Fruit or
Vegetable \$.50
Chips or Cereal Bar \$.75
Extra Milk \$.40

All meals are served with Fruit/Vegetable Bar and Milk. All grain items served are whole grain rich.

