



Monday	Tuesday	Wednesday	Thursday	Friday
	1) Tyson Breaded Chicken Patty Served on a wheat bun Topped with lettuce & tomato Sliced carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	2) Cheeseburger or Hamburger Served on a wheat bun Seasoned steak fries Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk	3) Tony's French Bread Pizza Sweet corn Minestrone soup Healthy tossed salad Fresh fruit / light fruit cup Low fat or fat free milk	4) K-12 Half Day Staff Professional Development
7) Garlic Cheese Dunkers Served w. warmed marinara sauce Italian vegetable medley Fresh vegetable cup Fresh fruit / light fruit cup Low fat or fat free milk	8) General Tso Popcorn Chicken Served on a bed of rice Stir-Fry vegetable medley Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	9) School Recess	10) Buffalo or Pizza Crunchers Celery & Carrot sticks w. 1oz Ranch Campbell's bean w/ bacon soup Mrs. Dash seasoned green beans Fresh fruit / light fruit cup Low fat or fat free milk	11) Breaded Fish Sandwich Served on a wheat bun Sweet glazed carrots Corn niblets Fresh fruit / light fruit cup Low fat or fat free milk
14) COLUMBUS DAY NO SCHOOL	15) Cheesy Mozzarella Sticks Served w. warmed marinara sauce California mixed vegetables Fresh tossed salad Fresh fruit / light fruit cup Low fat or fat free milk	16) Delicious Corn Dogs Sweet potato fries Sliced pickle chips Marinated tomatoes on romaine Fresh fruit / light fruit cup Low fat or fat free milk	17) Spicy Chicken Fajita Served on a warm tortilla Sautéed onions, peppers & cheese Black bean salsa Fresh fruit / light fruit cup Low fat or fat free milk	18) Tony's Stuffed Crust Pizza Cheese or Pepperoni Bush's baked beans Steamed green peas Fresh fruit / light fruit cup Low fat or fat free milk
21) Land O' Lakes Mac & Cheese Marinated five bean salad Fresh tossed salad Campbell's tomato soup Fresh fruit / light fruit cup Low fat or fat free milk	22) Cheeseburger or Hamburger Served on a wheat bun Seasoned curly fries Steamed broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	23) Taco Salad Served w/ tortilla chips Lettuce, tomato, cheddar, salsa Cheesy refried beans Fresh fruit / light fruit cup Low fat or fat free milk	24) Tyson Chicken Nuggets Herbed rice pilaf Seasoned corn niblets Candied yams Fresh fruit / light fruit cup Low fat or fat free milk	25) Homemade Cheesy Pizza Served on a wheat crust Campbell's Clam Chowder Sliced carrots & peas Creamy cucumber salad Low fat or fat free milk
28) Marinated Meatball Sub Served in a wheat hoagie Oven roasted cauliflower Seasoned green beans Fresh fruit / light fruit cup Low fat or fat free milk	29) Yummy Hot Dogs Served on a wheat bun Macaroni salad Ruffle's potato chips & pickles Bush's baked beans Low fat or fat free milk	30) Breakfast for Lunch! French toast sticks w. syrup Sausage links Sweet potato puffs Fresh fruit / light fruit cup Low fat or fat free milk	31) Salsa Grilled Chicken Topped with cheddar cheese Spanish rice pilaf Marinated black bean salsa Fresh fruit / light fruit cup Low fat or fat free milk	

Breakfast price \$2.25 daily
Lunch price \$3.25 daily
Reduced price meals: Lunch \$.00 daily - Breakfast \$.00 daily

A la carte milk \$.60 | A la carte fruit or veggies \$.80

All meals meet the Whole Grain requirements



Menu subject to change



EVERYONE CAN EAT BREAKFAST

- French Toast Sticks w. Syrup
- Assorted Egg & cheese Sandwiches
- English Muffins / Bagels
- Milk/Fruit/Juice

DAILY ALTERNATIVE ENTREE CHOICES

- * Made-to-order wraps
- * Fresh made salad with choice of topping, Breadstick & Dressing
- * Fresh made subs & wraps to "grab & go"



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