



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