

Monday

Tuesday

Wednesday

Thursday

Friday

DAILY LUNCH CHOICES

Choose 1:
Entrée.

Must choose at least 1:

Fruit or Vegetable

(may-choose up to 2 servings each of fruits & Veggies With their lunch meal)

May Choose:
1 Milk;

Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily:

Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

CHOOSE ONE: **3**
General Tso's Chicken Rice Bowl
Hamburger on a Bun **or**
Cheeseburger on a Bun
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Tator Tots,
Fresh Veggie Dippers

CHOOSE ONE: **10**
Chicken & Mini Waffles
Cheesy Cavatappi Pasta w/ Roll
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Corn Niblets
Fresh Veggie Dippers

Pro-Ed Day **17**
Sign up for a
Food and Nutrition
Class

CHOOSE ONE: **24**
Chicken & Mini Waffles
Cheesy Cavatappi Pasta w/ Roll
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Corn Niblets
Fresh Veggie Dippers

CHOOSE ONE: **31**
General Tso's Chicken Rice Bowl
Hamburger on a Bun **or**
Cheeseburger on a Bun
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Tator Tots,
Fresh Veggie Dippers

CHOOSE ONE: **4**
BBQ Pork Nachos
Chicken and Broccoli Penne Alfredo
W /Roll
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Broccoli
Romaine Side Salad

CHOOSE ONE: **11**
Beef **or** Pork Tacos
Breaded Chicken Sandwich
(Spicy or Original)
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Refried Fiesta Beans
Romaine Side Salad

CHOOSE ONE: **18**
BBQ Pork Nachos
Chicken and Broccoli Penne Alfredo
W /Roll
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Broccoli
Romaine Side Salad

CHOOSE ONE: **25**
Beef **or** Pork Tacos
Breaded Chicken Sandwich
(Spicy or Original)
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Refried Fiesta Beans
Romaine Side Salad

CHOOSE ONE: **5**
Boneless Buffalo Chicken
& Fry Basket w/ Roll
Pasta w/Meat sauce & Roll **or**
Lasagna Rollup & Roll
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Green Beans, *Sliced Cucumbers

CHOOSE ONE: **12**
Cherry Blossom **or** Firecracker
Chicken & Rice Bowl
BBQ Pork Sandwich
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Crispy Fries
Sliced Cucumbers

CHOOSE ONE: **19**
Boneless Buffalo Chicken
& Fry Basket w/ Roll
Pasta w/Meat sauce & Roll **or**
Lasagna Rollup & Roll
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Green Beans, *Sliced Cucumbers

CHOOSE ONE: **26**
Cherry Blossom **or** Firecracker
Chicken & Rice Bowl
BBQ Pork Sandwich
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Crispy Fries
Sliced Cucumbers

CHOOSE ONE: **6**
Mini Cheese Calzones
Popcorn Chicken Mashed Potato Gravy
Bowl w/ Roll
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Corn Niblets, *Marinara Cup
Fresh Veggie Dippers

CHOOSE ONE: **13**
Meatlovers' Stromboli
Chicken Souvlaki Sandwich **or**
Chicken Fajita
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Sweet Potato Fries, *Marinara Cup
Fresh Veggie Dippers

CHOOSE ONE: **20**
Mini Cheese Calzones
Popcorn Chicken Mashed Potato Gravy
Bowl w/ Roll
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Corn Niblets, *Marinara Cup
Fresh Veggie Dippers

CHOOSE ONE: **27**
Meatlovers' Stromboli
Chicken Souvlaki Sandwich **or**
Chicken Fajita
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Sweet Potato Fries, *Marinara Cup
Fresh Veggie Dippers

CHOOSE ONE: **7**
Chicken Drumstick
w / Mac and Cheese & Roll
Corn Dog **or** Corn Dog Nuggets,
or Hot Dogs on a Bun
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Country Baked Beans, *Romaine Salad

CHOOSE ONE: **14**
Chicken Tinga Rice Bowl w/ Roll **or**
Chicken Tinga Taco w/ Taco Set-up
Cheesy Bread
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Broccoli, *Marinara Cup
Romaine Salad

CHOOSE ONE: **21**
Chicken Drumstick
w / Mac and Cheese & Roll
Corn Dog **or** Corn Dog Nuggets,
or Hot Dogs on a Bun
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Country Baked Beans, *Romaine Salad

CHOOSE ONE: **28**
Chicken Tinga Rice Bowl w/ Roll **or**
Chicken Tinga Taco w/ Taco Set-up
Cheesy Bread
Entrée Salad Variety
Cold Entrée Sandwich Variety
CHOOSE:
Broccoli, *Marinara Cup
Romaine Salad

Please note:
The nationwide labor, driver, and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutions are necessary. We apologize for any inconveniences.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or **fax:** (833) 256-1665 or (202) 690-7442; or **email:** program_in-take@usda.gov. This institution is an equal opportunity provider.

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