

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**
Chicken Sandwich
Beef and Cheese Nachos
Fruit & Yogurt Plate
Turkey Club Wrap
CHOOSE:
Santa Fe Black Beans
Fresh Veggie Dippers

CHOOSE ONE: **4**
Breakfast for Lunch
Mini Cheese Calzones
Chicken Caesar Salad
PBJ Kit **or** School Made
CHOOSE:
Marinara Cup
Deli Roasted Potatoes *
Romaine Side Salad

CHOOSE ONE: **5**
Chicken Nuggets
Pasta w/Meat sauce **or** Lasagna Rollup
Yogurt & Fruit Parfait
Ham & Cheese Croissant
CHOOSE:
Corn Niblets
Sliced Cucumbers

CHOOSE ONE: **6**
Teriyaki Chicken & Rice Bowl w/ Roll
Grilled Cheese
Chicken BLT Salad
Chicken Caesar Wrap
CHOOSE:
Broccoli
Mixed Side Salad

CHOOSE ONE: **7**
Pizza Variety
Corn Dog **or** Hot Dog on a Bun
Apple a Day Salad
Combo Ham, Turkey and Cheese Sub
CHOOSE:
Sweet Potato Fries
Fresh Veggie Dippers

CHOOSE ONE: **10**
Hamburger **or** Cheeseburger
Chicken & Waffles
Fruit & Yogurt Plate
Turkey Club Wrap
CHOOSE:
Country Baked Beans
Fresh Veggie Dippers

CHOOSE ONE: **11**
Beef **or** Pork Tacos
Cheesy Bread
Chicken Caesar Salad
PBJ Kit **or** School Made
CHOOSE:
Marinara Cup
Broccoli
Romaine Side Salad

CHOOSE ONE: **12**
Macaroni & Cheese
Boneless Dill Chicken Wings
Chicken BLT Salad
Ham & Cheese Croissant
CHOOSE:
Crispy Fries
Sliced Cucumbers

CHOOSE ONE: **13**
Popcorn Chicken Mashed Bowl w/ Roll
BBQ Pork Sandwich
Yogurt & Fruit Parfait
Chicken Caesar Wrap
CHOOSE:
Corn Niblets
Mixed Side Salad

CHOOSE ONE: **14**
Pizza Variety
Chicken Tinga Rice Bowl w/ Roll **or**
Chicken Tinga Taco w/ Set-up
Apple a Day Salad
Combo Ham, Turkey and Cheese Sub
CHOOSE:
Green Beans
Veggie Dippers

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

CHOOSE ONE: **18**
Breakfast for Lunch
Mini Cheese Calzones
Chicken Caesar Salad
PBJ Kit **or** School Made
CHOOSE:
Marinara Cup
Deli Roasted Potatoes *
Romaine Side Salad

CHOOSE ONE: **19**
Chicken Nuggets
Pasta w/Meat sauce **or** Lasagna Rollup
Yogurt & Fruit Parfait
Ham & Cheese Croissant
CHOOSE:
Corn Niblets
Sliced Cucumbers

CHOOSE ONE: **20**
Teriyaki Chicken & Rice Bowl w/ Roll
Grilled Cheese
Chicken BLT Salad
Chicken Caesar Wrap
CHOOSE:
Broccoli
Mixed Side Salad

CHOOSE ONE: **21**
Pizza Variety
Corn Dog **or** Hot Dog on a Bun
Apple a Day Salad
Combo Ham, Turkey and Cheese Sub
CHOOSE:
Sweet Potato Fries
Fresh Veggie Dippers

CHOOSE ONE: **24**
Hamburger **or** Cheeseburger
Chicken & Waffles
Fruit & Yogurt Plate
Turkey Club Wrap
CHOOSE:
Country Baked Beans
Fresh Veggie Dippers

CHOOSE ONE: **25**
Beef **or** Pork Tacos
Cheesy Bread
Chicken Caesar Salad
PBJ Kit **or** School Made
CHOOSE:
Marinara Cup
Broccoli
Romaine Side Salad

CHOOSE ONE: **26**
Macaroni & Cheese
Boneless Dill Chicken Wings
Chicken BLT Salad
Ham & Cheese Croissant
CHOOSE:
Crispy Fries
Sliced Cucumbers

CHOOSE ONE: **27**
Popcorn Chicken Mashed Bowl w/ Roll
BBQ Pork Sandwich
Yogurt & Fruit Parfait
Chicken Caesar Wrap
CHOOSE:
Corn Niblets
Mixed Side Salad

CHOOSE ONE: **28**
Pizza Variety
Chicken Tinga Rice Bowl w/ Roll **or**
Chicken Tinga Taco w/ Set-up
Apple a Day Salad
Combo Ham, Turkey and Cheese Sub
CHOOSE:
Green Beans
Veggie Dippers

CHOOSE ONE: **31**
Chicken Sandwich
Beef and Cheese Nachos
Fruit & Yogurt Plate
Turkey Club Wrap
CHOOSE:
Santa Fe Black Beans
Fresh Veggie Dippers

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.intake@usda.gov. This institution is an equal opportunity provider.

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Tuesday

Wednesday

Thursday

Friday

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