



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### DID YOU KNOW?

"Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all." - Sam Ewing  
If it's easy; it's probably not worth it, and if it's worth it; it's generally not easy!!

#### Fruit/Yogurt Parfait 4

Breaded Ravioli  
Chicken and Noodles  
Breadstick  
Peppers/Tomatoes  
Carrots  
Banana  
Pears

#### Tornado 5

Cheese Quesadilla  
BBQ Pork Rib Sandwich  
Green Pepper Strips  
Baked Beans  
Orange Slices  
Applesauce  
Jello Cake

#### Pancakes 6

Hamburger  
Fiesta Chicken Wrap  
Marinated Vegetable Salad  
Peas  
Apple Slices  
Apricots

#### Muffin 7

Grilled Chicken  
Turkey Deli Wrap  
Wild Rice  
Carrot Sticks  
Mixed Vegetables  
Strawberries  
Peaches

#### Breakfast Pizza 8

Horseshoe  
Fish Sandwich  
Creamy Coleslaw  
Corn  
Grapes  
Mixed Fruit

#### Waffles 11

Chicken Nuggets  
Corn Dog  
Macaroni and Cheese  
Broccoli Salad  
Baked Beans  
Kiwi  
Mandarin Oranges

#### Tornado 12

Bosco Sticks  
Beef and Noodles/Breadstick  
Red Pepper Strips  
French Fries  
Watermelon  
Pineapple

#### French Toast Sticks 13

Spaghetti/Breadstick  
Chicken Sandwich  
Potato Salad  
Corn  
Cantaloupe  
Pears  
Oatmeal Cookie

#### Egg Sandwich 14

Soft Taco  
Chicken Quesadilla  
Celery Sticks  
Sweet Potato Fries  
Strawberries  
Applesauce

#### 15

MANAGER'S CHOICE

#### Fruit/Yogurt Parfait 18

Cheesy Bread  
Chicken Strips/Biscuit  
Carrot Sticks  
French Fries  
Banana  
Apricots

#### Tornado 19

Philly Cheesesteak Wrap  
BBQ Chicken Wings  
Wild Rice  
Marinated Vegetable Salad  
Mixed Vegetables  
Orange Slices  
Peaches

#### Pancakes 20

Lasagna  
Sliced Turkey  
Hot Roll  
Cucumber Salad  
Mashed Potatoes  
Apple Slices  
Mixed Fruit

#### Muffin 21

Pork Tenderloin Sandwich  
BBQ Chicken Sandwich  
Red Bean Salad  
Oven Brown Potatoes  
Strawberries  
Mandarin Oranges

#### Breakfast Wrap 22

Turkey Bacon Flatbread  
Tator Tot Casserole  
Peppers/Tomatoes  
Green Beans  
Grapes  
Pineapple  
Chewy Brownie Cookie

#### 25

NO SCHOOL

#### Tornado 26

Chicken Fajitas  
Sloppy Joe  
Carrot Sticks  
Tator Tots  
Watermelon  
Pears  
Triple Berry Buckle

#### French Toast Sticks 27

Nachos Grandes  
BBQ Pork Sandwich  
Mexican Bean Dip  
Corn  
Cantaloupe  
Applesauce

#### 28

MANAGER'S CHOICE

#### 29

MANAGER'S CHOICE

#### Breakfast Wrap 1

Chicken Fajitas  
Meatloaf  
Cucumber Salad  
Mashed Potatoes  
Watermelon  
Mandarin Oranges

### A La Carte

Veggie Pizza  
Cheese Pizza  
Cottage Cheese  
Yogurt  
Chips  
Granola Bars  
Bottled Water  
Flavored Water  
Gatorade  
Izze Juice  
Tropicana Juice  
Ice Cream  
Bottled Milk  
Extra Items or  
second portions

Salad bar is available daily which includes romaine salad, spinach, broccoli, cauliflower, chickpeas, celery, cucumbers, low fat shredded cheese, tomatoes, sunflower seeds, red onions, whole grain crackers, shredded carrots, and low fat salad dressings. Salad bar menu may vary on a daily basis.

Breakfast items available on a daily basis include cold cereal, nonfat milk (flavored or unflavored) or 1% milk (unflavored), toast, fruit and juice. Nonfat milk (flavored or unflavored) or 1% (unflavored) is available daily at lunch