

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	3	3	5	4	5	5	6	6	6
L Chicken Tender, *Brown Rice Salad with ranch dressing Apricots *LF/NF Milk	L Chicken Patty on a *WW Bun, Salad with ranch dressing Pears *LF/NF Milk	L Beef and Bean Enchilada Pie Salad with ranch dressing Peaches *LF/NF Milk	L *W W Big Daddy Pizza Salad with italian dressing dried fruit, Pineapple *LF/NF Milk	L Hot Dog on a *WW Bun, Fries Zucchini and Carrots, Fresh Oranges *LF/NF Milk					
9	10	11	12	13					
L Teriyaki Chicken, Brown Rice Salad with ranch dressing Apricots *LF/NFC Milk	L *W W Bean and Cheese Burrito Salad with ranch dressing Fruit Mix *LF/NFC Milk	L *WW Spaghetti w/meat sauce Bread Stick, Pears Salad with ranch dressing *LF/NFC Milk	L *W W Big Daddy Pizza Salad with italian dressing dried fruit, Pineapple *LF/NFC Milk	L Corn Dog, Fries Broccoli and Carrots Fresh Oranges *LF/NFC Milk					
16	17	18	19	20					
L *WW Macaroni and Cheese Salad with ranch dressing Apricots *LF/NFC Milk	L Hamburger on a *W W Bun Salad with ranch dressing Pears *LF/NFC Milk	L Chicken Tenders, Brown Rice Salad with ranch dressing Peaches *LF/NFC Milk	L *W W Big Daddy Pizza Salad with italian dressing dried fruit, Pineapple *LF/NFC Milk	L Hot Dog on a *WW Bun, Fries Carrots and Celery Fresh Oranges *LF/NFC Milk					
23	24	25	26	27					
L Roasted Chicken Brown Rice, Salad with ranch dressing, Apricots *LF/NFC Milk	L Taco Salad with meat and cheese with Salsa, *W Grain Chips Pineapple *LF/NFC Milk	L *WW Spaghetti w/meat sauce Bread Stick, Salad with ranch dressing, Pears *LF/NFC Milk	L *WW Big Daddy Pizza Salad with italian dressing dried fruit, Fruit Mix *LF/NFC Milk	L Corn Dog, Fries Broccoli and Carrots Fresh Apples *LF/NFC Milk					
30									
L Chicken Tender, *Brown Rice Salad with ranch dressing Apricots *LF/NF Milk									



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Your Drink

Choose

- .Water
- .Low Fat (1%0 or Fat Free Milk
- .100% fruit juice
- .100% vegetable juice

BREAKFAST

Each student must have 2 items on their plate when leaving the breakfast line.

LUNCH

Each student must have 3 items on their plate when leaving the lunch line.
Each student must have 1/2 cup fruit or 1/2 cup vegetables.

One item for breakfast and lunch must be milk.

Sandwiches are served with mayonnaise and mustard packets

Hamburgers are served with mustard and ketchup packets

*WW=Whole Wheat

*LF=Low Fat

*NFC=Non Fat Chocolate