Lunch

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MON	TUE	WED	THU	FRI
3 Chicken Nuggets Baked Beans Fresh Orange Milk	4 Macaroni & Cheese & Steamed Broccoli or General Tso's Chicken w/Brow Rice & Steamed Broccoli Fresh Pear Milk	French Toast w/ Scrambled Eggs, Syrup, Roasted Sweet Potatoes or Cheeseburger on WW Bun Roasted Sweet Potatoes Fresh Apple Milk	6 No School	7 No School
10 Cheese Quesadilla, Street Corn or Meatloaf w/ Gravy & Mashed Potatoes, WG Bun Fresh Orange Milk	11 Turkey Hot Dog Baked Beans or Spanish Rice w/ Cheese & Beans Fresh Pear Milk	12 Chicken Enchilada Empanada or Cheese Ravioli w/Tomato Sauce & Steamed Green Beans Fresh Apple Milk	13 Stuffed Bread Sticks Marinara Sauce 100% Sun Splash Vegetable Jui or Turkey Chili w/ Brown Rice 8 Steamed Carrots Fresh Banana Milk	or
17 Meatballs w/ BBQ Sauce & Steamed Broccoli or Pasta w/ Tomato Sauce & Cheese Broccoli Club Roll Fresh Orange	18 Breaded Chicken Tenders & Roasted Potatoes or Pasta Alfredo & Steamed Green Peas Whole Grain Bread	19 Cheeseburger Calzone Baked Beans or Spanish Rice w/ Cheese & Bean Fresh Apple Milk	Cheese Lasagna w/ Tomato Sau 20 & Steamed Green Beans or Chicken Caesar Salad S Ranch Dressing Pita Bread Fresh Banana	ce 21 Cheese Pizza or Chicken Breast Sandwich Fresh Baby Carrots w/ Ranch Dressing Raisins
Milk 2 Salisbury Steak w/ Gravy & Roasted Potatoes, WG Bun or Egg & Cheese English Muffin Sandwich Roasted Potatoes Fresh Orange	Baked Beans or	2 Meatballs w/ Tomato Sauce Spaghetti & Broccoli or Caribbean Rice Bowl Fresh Garden Side Salad Italian Dressing Fresh Apple	Breaded Chicken Patty 27 on WW Bun, BBQ Sauce Roasted Sweet Potatoes or Cobb Salad Pita Bread Ranch Dressing Fresh Banana Milk	Milk 2 French Bread Cheese Pizza or Turkey & Cheese Sandwich Fresh Baby Carrots Ranch Dressing
31 No School		Milk		Raisins Milk

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

If you have a food allergy please speak to your school nurse
Menu is subject to change.

