

Monday

Tuesday

Wednesday

Thursday

Friday

All Beef Hot Dog **4**
Or
Cheeseburger on a Wheat Roll
Brown Rice with Black Beans
Waffle Fries
Granny Smith Apple

Cheese Bites **11**
Or
Breaded Mini Raviolis
with Homemade Marinara Sauce
WG Dinner Roll
Steamed Seasoned Mixed Veggies
Applesauce Cup

Chicken Tenders **18**
Or
Spicy Chicken Patty on a WG Bun
Sweet Potato Fries
Cucumber Slices
Fresh Cut Florida Orange Wedges

Teriyaki Chicken **25**
Or
Mandarin Orange Chicken
Seasoned Brown Rice
Stir Fry Veggies
Carrot Sticks
Granny Smith Apple

Teriyaki Chicken **5**
Or
General Tso's Chicken
Seasoned Brown Rice
Garlic Knot
Stir Fry Vegetables, Carrot Sticks
Mixed Fruit Cup

Buffalo Chicken Grinder **12**
Or
Turkey Grinder
with Lettuce & Cheese
Sweet Potato Fries
Steamed Fresh Broccoli
Assorted Fruit Cup

Penne with Sausage Meat Sauce **19**
Or
Justin's Homemade Lasagna
Garlic Knot
Celery Sticks & Carrot Sticks
Golden Delicious Apple

Grilled Cheese Sandwich **26**
Or
Grilled Pepperoni & Cheese
Sandwich
Seasoned Potato Wedges
Sesame Roasted Green Beans
Diced Peaches

Beef & Cheese Nachos **6**
with Lettuce, Tomato & Salsa
Or
Cheeseburger on WG Bun
Spanish Rice
Cauliflower Cup
Fresh Pear

Cheeseburger on a WG Bun **13**
Or
Chicken Cordon Bleu Croissant
Slow-Simmered Baked Beans
Parmesan Roasted Peas
Fresh Cut Florida Orange Wedges

All Beef Hot Dog **20**
Or
Mini Corndog Nuggets
Garlic Roasted Chickpeas
Spicy Seasoned Potato Wedges
Diced Peaches
Ice Cream Sandwich

Brunch for Lunch! **27**
Sausage, Egg & Cheese
Or
Bacon, Egg & Cheese Croissant
Tater Tots
Broccoli Cup
Fresh Seedless Grapes

Brunch for Lunch! **7**
French Toast Sticks with a
Hash Brown & Chicken Sausage Patty
Or
Breakfast Pizza
Cuke Slices, Broccoli Cup
Diced Peaches

Chicken & Waffles **14**
Or
Jumbo Roasted Chicken Leg
Garlic Breadstick
Cinnamon Roasted Carrots
Assorted Veggie Cup
Fresh Mac Apple

Beef & Cheese Nachos **21**
with Lettuce, Tomato & Salsa
Or
Cheeseburger on WG Bun
Spanish Rice
Broccoli Cup
Assorted Fruit Cup

Meatball Grinder **28**
Or
Cheeseburger Grinder
Sweet Potato Fries
Turmeric Roasted Cauliflower
Mixed Fruit Cup

Pepperoni or Cheese Pizza **1**
Garden Tossed Salad
with Our Own Vinaigrette
Celery Sticks with Hummus
Fresh Nectarine

No School Today! 8

**Professional
Development Day**

Stay active & eat healthy!

Cheese Pizza **15**
Strawberry & Spinach Salad
with Our Own Vinaigrette
Fresh Broccoli Cup
Diced Peaches

Pepperoni or Cheese Pizza **22**
Spinach Salad with
Kidney Beans, Peppers,
Cukes & Fat-Free Dressing
Assorted Veggies Cup
Hummus
Apple Slices

Individual Pan Pizza **29**
Spinach Salad with
Kidney Beans & Italian Dressing
Assorted Veggies Cup
Hummus
Frozen Fruit Sidekick

Alternate meals available daily: Salad with 2 Proteins (1 oz. meat, 1 oz. cheese, or 4 oz. yogurt) and 1 oz. WG bread or Sandwich with 2 Proteins

ALL MEALS OFFERED WITH 8 OZ FAT FREE OR 1% REDUCED FAT MILK, ½ CUP FRUIT, ¼ CUP VEGETABLE

WG: Whole Grain WW: Whole Wheat

NOTE: MENU IS SUBJECT TO CHANGE

