

MONDAY



TUESDAY

WEDNESDAY

WASH YOUR HANDS



THURSDAY

FRIDAY

- Mozzarella & Egg Bagel Melt
Low Fat Vanilla Yogurt
Honey Graham Cracker
Apple Cinnamon Nutrigrain Bar
Golden Grahams Cereal Bar
Mozzarella Cheese Stick
Cheerios Cereal Bowl
Fresh Pear
Apple Sauce Cup
100% Apple Juice!

- Whole Grain Chocolate Chip Muffin!
Low Fat Blueberry Yogurt
Honey Graham Cracker
Strawberry Nutrigrain Bar
Cinnamon Toast Crunch Cereal Bar
Mozzarella Cheese Stick
Frosted Flakes Cereal Bowl
Fresh Plum
Mandarin Fruit Cup
100% Grape Juice!

Available daily: fresh fruit, chilled fruit, and/or 100% fruit juice.

- Whole Grain Blueberry Muffin
Low Fat Strawberry Yogurt
Honey Graham Cracker
Strawberry Nutrigrain Bar
Cinnamon Toast Crunch Cereal Bar
Mozzarella Cheese Stick
Apple Jacks Cereal Bowl
Fresh Orange
Peach Cup
100% Apple Juice!

- Blueberry Snack'n Waffle!
Low Fat Blueberry Yogurt
Honey Graham Cracker
Apple Cinnamon Nutrigrain Bar
Cocoa Puffs Cereal Bar
Mozzarella Cheese Stick
Fruit Loops Cereal Bowl
Fresh Apple
Pear Cup
100% Grape Juice!

- Whole Grain Banana Muffin
Low Fat Strawberry Yogurt
Honey Graham Cracker
Strawberry Nutrigrain Bar
Trix Cereal Bar
Mozzarella Cheese Stick
Cinnamon Toast Crunch Cereal Bowl
Fresh Banana
Mixed Fruit Cup
100% Orange Tangerine Juice!

- Turkey Ham & Cheese Hawaiian Bun!
Low Fat Vanilla Yogurt
Honey Graham Cracker
Apple Cinnamon Nutrigrain Bar
Golden Grahams Cereal Bar
Mozzarella Cheese Stick
Cheerios Cereal Bowl
Fresh Pear
Apple Sauce Cup
100% Apple Juice!

- Whole Grain Chocolate Chip Muffin!
Low Fat Blueberry Yogurt
Honey Graham Cracker
Strawberry Nutrigrain Bar
Cinnamon Toast Crunch Cereal Bar
Mozzarella Cheese Stick
Frosted Flakes Cereal Bowl
Fresh Plum
Mandarin Fruit Cup
100% Grape Juice!

Choice of 1% white, nonfat, or Lactaid milk daily.

- Whole Grain Blueberry Muffin
Low Fat Strawberry Yogurt
Honey Graham Cracker
Strawberry Nutrigrain Bar
Cinnamon Toast Crunch Cereal Bar
Mozzarella Cheese Stick
Apple Jacks Cereal Bowl
Fresh Orange
Peach Cup
100% Apple Juice!

- Buttery Maple Snack'n Waffle!
Low Fat Blueberry Yogurt
Honey Graham Cracker
Apple Cinnamon Nutrigrain Bar
Cocoa Puffs Cereal Bar
Mozzarella Cheese Stick
Fruit Loops Cereal Bowl
Fresh Apple
Pear Cup
100% Grape Juice!

- Whole Grain Banana Muffin
Low Fat Strawberry Yogurt
Honey Graham Cracker
Strawberry Nutrigrain Bar
Trix Cereal Bar
Mozzarella Cheese Stick
Cinnamon Toast Crunch Cereal Bowl
Fresh Banana
Mixed Fruit Cup
100% Orange Tangerine Juice!

- Beef Sausage & Cheese Bagel
Low Fat Vanilla Yogurt
Honey Graham Cracker
Apple Cinnamon Nutrigrain Bar
Golden Grahams Cereal Bar
Mozzarella Cheese Stick
Cheerios Cereal Bowl
Fresh Pear
Apple Sauce Cup
100% Apple Juice!

- Whole Grain Chocolate Chip Muffin!
Low Fat Blueberry Yogurt
Honey Graham Cracker
Strawberry Nutrigrain Bar
Cinnamon Toast Crunch Cereal Bar
Mozzarella Cheese Stick
Frosted Flakes Cereal Bowl
Fresh Plum
Mandarin Fruit Cup
100% Grape Juice!

- ~ President's Day ~

~ No School ~

- Blueberry Snack'n Waffle
Low Fat Blueberry Yogurt
Honey Graham Cracker
Apple Cinnamon Nutrigrain Bar
Cocoa Puffs Cereal Bar
Mozzarella Cheese Stick
Fruit Loops Cereal Bowl
Fresh Apple
Pear Cup
100% Grape Juice

- Whole Grain Banana Muffin
Low Fat Strawberry Yogurt
Honey Graham Cracker
Strawberry Nutrigrain Bar
Trix Cereal Bar
Mozzarella Cheese Stick
Cinnamon Toast Crunch Cereal Bowl
Fresh Banana
Peach Cup
100% Orange Tangerine Juice

- Turkey Sausage & Cheese Bagel
Low Fat Vanilla Yogurt
Honey Graham Cracker
Apple Cinnamon Nutrigrain Bar
Golden Grahams Cereal Bar
Mozzarella Cheese Stick
Cheerios Cereal Bowl
Fresh Pear
Apple Sauce Cup
100% Apple Juice

- Whole Grain Chocolate Chip Muffin!
Low Fat Blueberry Yogurt
Honey Graham Cracker
Strawberry Nutrigrain Bar
Cinnamon Toast Crunch Cereal Bar
Mozzarella Cheese Stick
Frosted Flakes Cereal Bowl
Fresh Plum
Mandarin Cup
100% Grape Juice

All grain products are 51% whole grain rich.

- Whole Grain Blueberry Muffin
Low Fat Strawberry Yogurt
Honey Graham Cracker
Strawberry Nutrigrain Bar
Cinnamon Toast Crunch Cereal Bar
Mozzarella Cheese Stick
Apple Jacks Cereal Bowl
Fresh Orange
Peach Cup
100% Apple Juice!

- Buttery Maple Snack'n Waffle!
Low Fat Blueberry Yogurt
Honey Graham Cracker
Apple Cinnamon Nutrigrain Bar
Cocoa Puffs Cereal Bar
Mozzarella Cheese Stick
Fruit Loops Cereal Bowl
Fresh Apple
Pear Cup
100% Grape Juice!

- Whole Grain Banana Muffin
Low Fat Strawberry Yogurt
Honey Graham Cracker
Strawberry Nutrigrain Bar
Trix Cereal Bar
Mozzarella Cheese Stick
Cinnamon Toast Crunch Cereal Bowl
Fresh Banana
Mixed Fruit Cup
100% Orange Tangerine Juice!

- Chicken Sausage & Cheese Muffin
Low Fat Vanilla Yogurt
Honey Graham Cracker
Apple Cinnamon Nutrigrain Bar
Golden Grahams Cereal Bar
Mozzarella Cheese Stick
Cheerios Cereal Bowl
Fresh Pear
Apple Sauce Cup
100% Apple Juice!

- Whole Grain Chocolate Chip Muffin!
Low Fat Blueberry Yogurt
Honey Graham Cracker
Strawberry Nutrigrain Bar
Cinnamon Toast Crunch Cereal Bar
Mozzarella Cheese Stick
Frosted Flakes Cereal Bowl
Fresh Plum
Mandarin Cup
100% Grape Juice

Menu is subject to change based on product availability.

This institution is an equal opportunity provider.

MONDAY



TUESDAY

WASH YOUR HANDS



WEDNESDAY

MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:
Meat/Meat Alternative; Grain; Veggie; Fruit; Milk
ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!



THURSDAY

1

Herb Roasted Chicken with gravy & steamed brown rice

French Fries
Roasted Green Beans

FRIDAY

2

Fajita Chicken Bowl with sour cream & salsa
Spanish Rice

Mexican Corn
Romaine Side Salad
Roasted Peppers & Onions

Available daily: fresh fruit, chilled fruit, and/or 100% fruit juice.

5

Jamaican Jerk Chicken with steamed brown rice

Baked Plantains
Mixed Vegetables

6

Beef Rotini with parmesan cheese & breadstick

Cucumber Slices
Parmesan Green Beans

7

Breaded Chicken Tenders with Three Cheese Cavatappi

Baby Carrots
Roasted Broccoli & Red Peppers

8

Barbecue Riblet Sandwich

Sweet Potato Fries
Stewed Chickpeas & Zucchini

9

Mealball Parm Sub with spaghetti sauce & parmesan cheese

Potato Wedges
Romaine Side Salad

Choice of 1% white, nonfat, or Lactaid milk daily.

12

Teriyaki Beef Dippers with fried rice

French Fries
Steamed Broccoli

13

Popcorn Chicken Bowl with gravy and dinner roll

Corn
Mashed Potato

14

French Toast Sticks with syrup
Turkey Sausage Links

Tater Tots
Roasted Carrots

15

Chili Con Carne with shredded cheddar cheese & dinner roll

Baby Carrots
Cucumber Slices

16

Philly Cheesesteak Sub

Three Bean Salad
Romaine Side Salad

Halal options available on request.

19

~ President's Day ~
~ No School ~

20

Jerk Chicken Quesadilla with salsa & sour cream

Aztec Corn
Celery Sticks

21

Harissa Chicken with steamed brown rice

Green Beans
Sweet Potato Fries

22

Fiesta Potato Breakfast Bowl with 2 dinner rolls

Baby Carrots
Romaine Side Salad

23

Pulled Turkey BBQ Mac & Cheese with dinner roll

Collard Greens
Mixed Vegetables

All grain products are 51% whole grain rich.

26

Chicken & Waffle:
Breaded Chicken Drumstick
Waffle with syrup

Smile Fries
Roasted Cinnamon Sweet Potatoes

27

Beef & Cheese Casserole with parmesan cheese & breadstick

Roasted Cauliflower
Parmesan Green Beans

28

Baja Fish Tacos with sour cream

Potato Wedges
Mexican Black Beans

29

Rainbow Chili & Cheese with steamed brown rice

Steamed Corn
Cucumber Slices

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TUESDAY

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WEDNESDAY

Rectangular Sausage

THURSDAY

1
All-American (Cheese)burger Deluxe

Taco Bar!

Cheese Pizza
Turkey Pepperoni Pizza
Barbecue Chicken Pizza
Hawaiian Pizza

Mixed Greens

FRIDAY

2
All-American (Cheese)burger Deluxe
Crispy Chicken Patty
Spicy Chicken Patty
Crispy Fish Patty

PizzaHQ Cheese Pizza

Crinkle Cut French Fries

Variety of fresh chilled fruit available daily.

5
All-American (Cheese)burger Deluxe
Spicy Chicken Patty
Crispy Chicken Patty

PizzaHQ Cheese Pizza

Mixed Greens
Crinkle Cut French Fries

6
All-American (Cheese)burger Deluxe

Taco Bar!

Cheese Pizza
Turkey Pepperoni Pizza
Barbecue Chicken Pizza
Hawaiian Pizza

Mixed Greens

7
All-American (Cheese)burger Bun Deluxe
Turkey Hot Dog
Spicy Chicken Patty
Crispy Chicken Patty

PizzaHQ Cheese Pizza

Mixed Greens
Crinkle Cut French Fries

8
All-American (Cheese)burger Deluxe

Taco Bar!

Cheese Pizza
Turkey Pepperoni Pizza
Barbecue Chicken Pizza
Hawaiian Pizza

Mixed Greens

9
All-American (Cheese)burger Deluxe
Crispy Chicken Patty
Crispy Fish Patty
Hot & Spicy Chicken Burger

PizzaHQ Cheese Pizza

Crinkle Cut French Fries

Choice of 1% white, nonfat, or Lactaid milk daily.

12
All-American (Cheese)burger Deluxe
Grilled Cheese
Spicy Chicken Patty
Crispy Chicken Patty

PizzaHQ Cheese Pizza

Mixed Greens
Crinkle Cut French Fries

13
All-American (Cheese)burger Deluxe

Taco Bar!

Cheese Pizza
Turkey Pepperoni Pizza
Barbecue Chicken Pizza
Hawaiian Pizza

Mixed Greens

14
All-American (Cheese)burger Bun Deluxe
Turkey Hot Dog
Spicy Chicken Patty
Crispy Chicken Patty

PizzaHQ Cheese Pizza

Mixed Greens
Crinkle Cut French Fries

15
All-American (Cheese)burger Deluxe

Taco Bar!

Cheese Pizza
Turkey Pepperoni Pizza
Barbecue Chicken Pizza
Hawaiian Pizza

Mixed Greens

16
All-American (Cheese)burger Deluxe
Crispy Chicken Patty
Spicy Chicken Patty
Crispy Fish Patty

PizzaHQ Cheese Pizza

Crinkle Cut French Fries

Halal options available on request.

19

~ President's Day ~

~ No School ~

20
All-American (Cheese)burger Deluxe

Taco Bar!

Cheese Pizza
Turkey Pepperoni Pizza
Barbecue Chicken Pizza
Hawaiian Pizza

Mixed Greens

21
All-American (Cheese)burger Bun Deluxe
Turkey Hot Dog
Spicy Chicken Patty
Crispy Chicken Patty

PizzaHQ Cheese Pizza

Mixed Greens
Crinkle Cut French Fries

22
All-American (Cheese)burger Deluxe

Taco Bar!

Cheese Pizza
Turkey Pepperoni Pizza
Barbecue Chicken Pizza
Hawaiian Pizza

Mixed Greens

23
All-American (Cheese)burger Deluxe
Crispy Chicken Patty
Crispy Fish Patty

PizzaHQ Cheese Pizza

Crinkle Cut French Fries

All grain products are 51% whole grain rich.

26
All-American (Cheese)burger Deluxe
Spicy Chicken Patty
Crispy Chicken Patty

PizzaHQ Cheese Pizza

Mixed Greens
Crinkle Cut French Fries

27
All-American (Cheese)burger Deluxe

Taco Bar!

Cheese Pizza
Turkey Pepperoni Pizza
Barbecue Chicken Pizza
Hawaiian Pizza

Mixed Greens

28
All-American (Cheese)burger Bun Deluxe
Turkey Hot Dog
Spicy Chicken Patty
Crispy Chicken Patty

PizzaHQ Cheese Pizza

Mixed Greens
Crinkle Cut French Fries

29
All-American (Cheese)burger Deluxe

Taco Bar!

Cheese Pizza
Turkey Pepperoni Pizza
Barbecue Chicken Pizza
Hawaiian Pizza

Mixed Greens

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TUESDAY

MEAL REQUIREMENTS
 Must select at least 3 of the 5 offered components:
 Meat/Meat Alternative; Grain; Veggie; Fruit; Milk
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WEDNESDAY

WASH YOUR HANDS



THURSDAY

1

Lentil Dal
with Oven-Fired Flatbread

Curried Diced Potatoes

FRIDAY

2

Chicken Tikka Masala
with steamed brown rice

Indian Spiced Sweet Potato Fries

Available daily: fresh fruit, chilled fruit, and/or 100% fruit juice.

5

Lemon Pepper Chicken
with steamed brown rice

Mediterranean Bean Salsa

6

Greek Meatballs with Tzatziki
with steamed brown rice

Roasted Squash

7

Sliced Greek Spiced Beef Shawarma
with Tzatziki
served with Oven-Fired Flatbread

Moroccan Spiced Carrots

8

Mediterranean Hummus Flatbread

French Fries

9

Falafel Fritters & Tzatziki
with steamed brown rice

Sautéed Spinach

Choice of 1% white, nonfat, or Lactaid milk daily.

12

African Beef Curry
with steamed brown rice

Roasted Butternut Squash

13

Nigerian Fried Rice

Hot Cabbage & Carrots

14

Moroccan White Bean Stew
with Oven-Fired Flatbread

Crispy Baked Potato Wedges

15

Peri Peri Chicken
with steamed brown rice

Roasted Sweet Potatoes

16

Jollof Rice (Spicy African Rice)
and Glazed Chicken
with tomato sauce

Braised Collard Greens

Halal options available on request.

19

- President's Day -

- No School -

20

Thai Chicken & Pineapple Fried Rice

Asian Roasted Carrots

21

General Tso Chicken
Veggie Lo Mein

Asian Roasted Broccoli

22

Banh Mi Pulled Turkey Sub

Green Peas

23

Thai Coconut Chicken Curry
with steamed brown rice

Asian Bean Salsa

All grain products are 51% whole grain rich.

26

Salvadoran Chicken
with plantain fried rice

Mexican Black Beans

27

Brazilian Steak Sandwich

Potato Wedges

28

Jerk Chicken Quesadillas

Roasted Broccoli

29

Bean & Chicken Chilequites

Roasted Corn

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MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:
Meat/Meat Alternative;
Grain; Veggie; Fruit; Milk
ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!



THURSDAY

1

Chicken Caesar Wrap
Hearty Garden Salad Entrée with 2 dinner rolls
Strawberry Banana Parfait

FRIDAY

2

Turkey Ham & Cheese Sub
Jerk Chicken Salad Entrée with 2 dinner rolls
Double Berry Parfait

Available daily: fresh fruit, chilled fruit, and/or 100% fruit juice.

5

Turkey & Cheese Sub
Chef Salad Entrée with 2 dinner rolls
Strawberry Fields Parfait

6

Buffalo Chicken Wrap
Crispy Chicken Caesar Salad Entrée with dinner roll
Just Peachy Parfait

7

American Combo Sub
Asian Chicken Salad Entrée with 2 dinner rolls
Honey Pear Cranberry Parfait

8

Chicken Caesar Wrap
Hearty Garden Salad Entrée with 2 dinner rolls
Strawberry Banana Parfait

9

Turkey Ham & Cheese Sub
Jerk Chicken Salad Entrée with 2 dinner rolls
Double Berry Parfait

Choice of 1% white, nonfat, or Lactaid milk daily.

12

Turkey & Cheese Sub
Chef Salad Entrée with 2 dinner rolls
Strawberry Fields Parfait

13

Buffalo Chicken Wrap
Crispy Chicken Caesar Salad Entrée with dinner roll
Just Peachy Parfait

14

American Combo Sub
Asian Chicken Salad Entrée with 2 dinner rolls
Honey Pear Cranberry Parfait

15

Chicken Caesar Wrap
Hearty Garden Salad Entrée with 2 dinner rolls
Strawberry Banana Parfait

16

Turkey Ham & Cheese Sub
Jerk Chicken Salad Entrée with 2 dinner rolls
Double Berry Parfait

Halal options available on request.

19

- No School -
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20

Buffalo Chicken Wrap
Crispy Chicken Caesar Salad Entrée with dinner roll
Just Peachy Parfait

21

American Combo Sub
Asian Chicken Salad Entrée with 2 dinner rolls
Honey Pear Cranberry Parfait

22

Chicken Caesar Wrap
Hearty Garden Salad Entrée with 2 dinner rolls
Strawberry Banana Parfait

23

Turkey Ham & Cheese Sub
Jerk Chicken Salad Entrée with 2 dinner rolls
Double Berry Parfait

All grain products are 51% whole grain rich.

26

Turkey & Cheese Sub
Chef Salad Entrée with 2 dinner rolls
Strawberry Fields Parfait

27

Buffalo Chicken Wrap
Crispy Chicken Caesar Salad Entrée with dinner roll
Just Peachy Parfait

28

American Combo Sub
Asian Chicken Salad Entrée with 2 dinner rolls
Honey Pear Cranberry Parfait

29

Chicken Caesar Wrap
Hearty Garden Salad Entrée with 2 dinner rolls
Strawberry Banana Parfait

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