

MONDAY

1
8

Lunch

- Chicken Corn Dog
- Fresh Carrots
- Fresh Red Delicious Apple
- Waffle Fries
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

TUESDAY

2
9

Lunch

- Buttermilk Pancakes
- Scrambled Eggs
- Home Fried Potatoes
- Fresh Banana
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

WEDNESDAY

3
10

Lunch

- Turkey Hot Dog
- Fresh Broccoli Florets
- Fresh Orange
- Baked Beans
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

THURSDAY

4
11

Lunch

- Jumbo Crispy Chicken Tenders
- Whole Grain Dinner Roll
- Fresh Cherry Tomatoes
- Sliced Fresh Apples
- Tater Tots
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

15

Lunch

- Swedish Meatballs
- Whole Grain Dinner Roll
- Beef Gravy
- Mashed Potatoes
- Fresh Red Delicious Apple
- Seasoned Broccoli
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

16

Lunch

- Classic Cheeseburger in Bun
- Baked Beans
- Fresh Banana
- Sliced Cucumbers
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

17

Lunch

- Hot Smokey Ham & Cheese Sandwich
- Fresh Broccoli Florets
- Fresh Orange
- Tater Tots
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

18

Lunch

- Chicken Pasta Alfredo
- Breadstick
- Fresh Cherry Tomatoes
- Diced Pears in 100% Juice
- Herbed Cauliflower
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

22

Lunch

- Cheesy French Bread Pizza
- Fresh Carrots
- Fresh Red Delicious Apple
- Baked Beans
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

23

Lunch

- Toasty Cheese Sandwich
- Sliced Cucumbers
- Fresh Banana
- Campbell's Tomato Soup
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

24

Lunch

- Whole Grain French Toast Sticks
- Scrambled Eggs
- Syrup
- Fresh Broccoli Florets
- Baked Apple Slices
- Fresh Carrots
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

25

Lunch

- Roasted Turkey
- Whole Grain Dinner Roll
- Turkey Gravy
- Fresh Cherry Tomatoes
- Fresh Orange
- Mashed Potatoes
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

29

Lunch

- Mashed Potato & Chicken Bowl
- Whole Grain Dinner Roll
- Fresh Carrots
- Sliced Fresh Apples
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

30

Lunch

- BBQ Rib-B-Q Sandwich
- Sliced Cucumbers
- Fresh Banana
- Baked Beans
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing

31

Lunch

- Crispy Chicken Patty Sandwich
- Fresh Broccoli Florets
- Fresh Orange
- Curly Fries
- 1% Low-fat Milk
- Chocolate Fat Free Milk, 8 fl oz, Kemps
- Mayonnaise
- Mustard Packet
- Ketchup Packet
- Ranch Dressing



ALL Grains menu are Whole Grain

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
						1	
						Lunch	
						<ul style="list-style-type: none">• Beef Taco Meat• Creamy Cheddar Cheese Sauce• Tortilla Chips• Vegetarian Refried Beans• Sliced Fresh Apples• Fresh Cherry Tomatoes• 1% Low-fat Milk• Chocolate Fat Free Milk, 8 fl oz, Kemp's• Mayonnaise• Mustard Packet• Ketchup Packet• Ranch Dressing	
5		6		7		8	
12		13		14		15	
19		20		21		22	
26		27		28		29	

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