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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Nat'l. Ribs Day BBQ Rib Sandwich Baked Beans, Vegetarian Pizza Munchable Veggie Bar Fruit Selection Choice of Milk	4 LTO TASTING Grilled Chicken Sandwich Steamed Green Beans Sun Chips Pizza Munchable Veggie Bar Fruit Selection Choice of Milk Tasting- Chickpea Waldorf Sala	5 LTO Chicken Tacos Salsa Steamed Corn LTO- Chickpea Waldorf Salad Pizza Munchable Veggie Bar Fruit Selection Choice of Milk	6 Sausage Pizza Roasted Broccoli Pizza Munchable Veggie Bar Fruit Selection Choice of Milk
9 Cheese Bosco Stick Marinara Sauce Steamed Carrots Turkey & Cheese Flatbread Munchable Veggie Bar Fruit Selection Choice of Milk	10 Nat'l. Hot Dog Day Beef Hotdog Sun Chips Roasted Broccoli Southwest Chicken Salad Veggie Bar Fruit Selection Choice of Milk	Orange Chicken Brown Rice Steamed Peas Turkey & Cheese Flatbread Munchable Veggie Bar Fruit Selection Choice of Milk	BBQ Pulled Pork Sandwich Baked Beans, Vegetarian Homemade Brownie Southwest Chicken Salad Veggie Bar Fruit Selection Choice of Milk	Spaghetti Garlic Toast Roasted Broccoli Turkey & Cheese Flatbread Munchable Veggie Bar Fruit Selection Choice of Milk
Fish Sandwich Roasted Broccoli Turkey Deli Sandwich Veggie Bar Fruit Selection Choice of Milk	17 Beefy Nachos Salsa Refried Beans Chef Salad Veggie Bar Fruit Selection Choice of Milk	18 LTO TASTING Crispy Chicken Sandwich Steamed Green Beans Turkey Deli Sandwich Veggie Bar Fruit Selection Choice of Milk Tasting- Cheeseburger Fries	19 LTO Cheeseburger French Fries LTO- Cheeseburger Fries Chef Salad Veggie Bar Fruit Selection Choice of Milk	20 HOM - Zucchini Pepperoni Pizza Roasted Zucchini SideKick Turkey Deli Sandwich Veggie Bar Fruit Selection Choice of Milk
23 Crispy Chicken Nuggets Dinner Roll Mashed Potatoes Crispy Chicken Wrap Veggie Bar Fruit Selection Choice of Milk 30 Chicken Alfredo Garlic Breadstick Steamed Green Beans Turkey BLT Wrap Veggie Bar Fruit Selection Choice of Milk	Macaroni & Cheese Whole Grain Dinner Roll Steamed Green Beans Caesar Side Salad Veggie Bar Fruit Selection Choice of milk	25 Nat'l. Quesadilla Day Chicken & Cheese Quesadilla Salsa Refried Beans Crispy Chicken Wrap Veggie Bar Fruit Selection Choice of Milk	26 Nat'l. Pancake Day Pancakes Easy Egg Bake Tri Tater M&M Cookie Chicken Caesar Salad Veggie Bar Fruit Selection Choice of Milk	27 NO SCHOOL

Student Lunch FREE
Extra Entrée \$2.25
Adult Meal \$5.00
Salad Only \$3.00
Extra Milk \$.50

Milk Choice of 1% White or Chocolate is included with Lunch.
Entrée Salads are served with a Dinner Roll. For Questions, Contact Food Service at: kgarza@rcw.k12.mn.us



Your MENUS plus more Information on our app Taher Food4Life*

