

BES.BMS.FES.FMS.FLO.HBE.MES.MHS.NSHORE.
NWE.NWM.OAK.PEL.PIS.PUC.RES.RUES.ROUSE. STEEN'S.SBE.LC

Monday

Tuesday

Wednesday

Thursday

Friday

1
Chicken Breast Tenders
Chef Salad, Croutons, Crackers
Mashed Potatoes with Cheese
Baked Beans
Fresh Orange Smiles
Applesauce
Whole Wheat Roll

2
Chicken Fajita Wrap
Italian Dunkers
Baby Carrots w/ Dressing
Summer Squash
Banana Berry Blend
Fresh Apples

3
Southwest Dip & Chips
Yogurt Plate
Glazed Carrots
Cheesy Broccoli
Blushing Chilled Pears
Fresh Grapes

4
Cheeseburger
Roasted Chicken Wings
Seasoned Potato Wedges
Whole Kernel Corn
Chilled Peach Slices
Fresh Fruit Bowl
Southern Biscuit

7
FALL BREAK

8
FALL BREAK

9
FALL BREAK

10
FALL BREAK

11
FALL BREAK

14
STUDENT BREAK

15
Chicken Nuggets
Mashed Potatoes, Brown Gravy
Green Peas
Hot Dogs
Applesauce
Fresh Fruit Bowl
Whole Wheat Roll

16
Steak Fingers
Chef Salad
Cheesy Macaroni
Steamed Broccoli Florets
Baby Carrots w/ Dressing
Whole Wheat Roll
Fruit Cocktail, Fresh Apples

17
Sausage Jambalaya
Chicken Ranch Wrap
Crisp Cut Sweet Potatoes
Savory Green Beans
Apple and Orange Wedges
Sliced Strawberries
Whole Wheat Garlic Toast

18
Cheeseburger
Ham and Cheese Croissant
Tater Tots
Baked Beans
Chilled Peach Slices
Fresh Fruit Bowl

21
Mexican Pizza
Ham Lunch Bite
Cheesy Broccoli
Corn on the Cob
Fresh Apples
Fruit Cocktail

22
Chicken Breast Tenders
Beef and Broccoli
Rice Bowl
Glazed Carrots
Seasoned Cabbage
Whole Wheat Roll
Sliced Strawberries
Fresh Bananas

23
Vegetable Beef Soup
Grilled Cheese & String Cheese
California Veggies
Garden Salad w/ Dressing
Banana Berry Blend
Fresh Orange Smiles

24
Southwest Dip & Chips
Corn Dog Nuggets
Baby Carrots w/ Dressing
Pinto Beans
Blushing Chilled Pears
Fresh Grapes
Whole Wheat Garlic Toast

25
Cheeseburger
Roasted Chicken Wings
Baked Beans
Crinkle Cut Fries
Applesauce
Fresh Fruit Bowl
Whole Grain Biscuit

28
Pizza, Variety
Yogurt Plate
Tater Tots
Lima Beans
Applesauce
Fresh Orange Smiles

29
Chicken Quesadillas
Guacamole
Chips and Salsa
Chef Salad
Crackers
Baby Carrots w/ Dressing
Seasoned Green Beans
Chilled Peaches

30
Chicken and Waffle
American Sub
California Veggies
Steamed Broccoli Florets
Banana Berry Blend
Fresh Apples

31
Cheesy Chicken Over/Rice
BBQ Rib Sandwich
Savory Green Beans
Garden Salad
w/Dressing
Fresh Fruit Bowl
Sliced Strawberries
Whole Wheat Garlic Toast



Served Daily: Assorted Milks – Low Fat, Chocolate, Strawberry, Vanilla Fat Free
Condiments: Mayo, Mustard, Ketchup, Variety Dipping Sauces, Marinara, Syrup
Salad Dressings, Saltine Crackers, Croutons

"This institution is an equal opportunity provider."