



TOWER

EST. 1912

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <p>29</p> <p>Chicken Fajita Bowl Pico de Gallo Clementine WG Tortilla Scoop Chips</p> | <p>30</p> <p>Chicken Fajita Bowl Pico de Gallo Clementine WG Tortilla Scoop Chips</p> | <p>1</p> <p>Chicken Fajita Bowl Pico de Gallo Clementine WG Tortilla Scoop Chips</p> | <p>2</p> <p>Chicken Fajita Bowl Pico de Gallo Clementine WG Tortilla Scoop Chips</p> | <p>3</p> <p>Chicken Fajita Bowl Pico de Gallo Clementine WG Tortilla Scoop Chips</p> |
| <p>6</p> <p>Home Fries Scrambled Egg WG Pancake with Sprinkles Apple Sauce</p> | <p>7</p> <p>Adobo Chicken Spanish Rice (Brown WG Rice) Black Beans Steamed Broccoli Clementine</p> | <p>8</p> <p>Tomato Sauce Whole Wheat Penne Fruit Cup WG Cheese-It</p> | <p>9</p> <p>Veggie Enchiladas with WG Tortilla Spanish Rice (Brown WG Rice) Sweet Corn Red Apple</p> | <p>10</p> <p>Cheese Burger Baby Carrot With Ranch Banana</p> |
| <p>13</p> <p>Caesar Dip WG Honey Bread Roll Fruit Cup WG Cheese-It</p> | <p>14</p> <p>Meat Loaf w/ Gravy Home Fries WG Honey Bread Roll Green Beans Clementine</p> | <p>15</p> <p>Chibata Pizza Black Bean and Corn Salad Trix Yogurt Apple Juice</p> | <p>16</p> <p>Cheese Lasagna Turkey Meatballs Steamed Broccoli Apple Oatmeal Bar</p> | <p>17</p> <p>Chicken Sandwich Baby Carrot With Ranch Banana</p> |

20

Vegetable Fried Rice
(with WG brown rice)
Steamed Broccoli
Apple Juice
MILK, 1% Lowfat

21

Beef Hotdog
(with a WG bun)
Baby Carrot With Ranch
Fruit Cup
MILK, 1% Lowfat

22

Roasted Chicken
Baked Potato
Vegetable Medley
MILK, 1% Lowfat
WG Cornbread

23

WG Penne Pasta w/ Sauce
Green Beans
WG Honey Bread Roll
Trix Yogurt
Red Apple
MILK, 1% Lowfat

24

Soba Noodles
Sweet and Sour Chicken
Clementine
MILK, 1% Lowfat

27

Roast Beef Melt
Apple Sauce
Baby Carrot With Ranch

28

Chicken Tikka Masala
Spanish Rice
(with WG brown rice)
Sliced Pineapple
WG Tortilla Scoop Chips

29

Cheese Quesadilla
(WG Tortilla)
Pico de Gallo
Black Bean and Corn Salad
Clementine

30

Egg Sandwich
with WG bread
Home Fries
Trix Yogurt

31

WG Chicken Tenders
Side Salad With Ranch
Banana
WG Cheese-It

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