

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef or Chicken Nachos Cheesy Refried Beans Fresh Fruit & Vegetable Bar	3 Cheesy Tortellini w/ Creamy Alfredo Sauce Whole Grain Breadstick Steamed Green Peas Fresh Fruit & Vegetable Bar	4 Asian Dumplings w/ Chicken Fried Rice Fresh Steamed Broccoli Fresh Fruit & Vegetable Bar	5 Crispy Chicken Tenders Fresh Baked Biscuit Creamy Mashed Potatoes w/ Gravy Fresh Fruit & Vegetable Bar	6 Homemade Grilled Cheese Creamy Tomato Soup Fresh Fruit & Vegetable Bar
9 Cheesy Bosco Sticks w/ Marinara Sauce Honey Glazed Carrots Fresh Fruit & Vegetable Bar	10 Crispy Chicken Sandwich Spicy Chicken Sandwich Italian Green Beans Fresh Fruit & Vegetable Bar	11 Beef or Chicken Walking Taco Golden Sweet Corn Fresh Fruit & Vegetable Bar	12 Homemade Macaroni & Cheese Fresh Steamed Broccoli Fresh Fruit & Vegetable Bar	13 Grilled Cheeseburger or Hamburger Oven Baked Fries Fresh Fruit & Vegetable Bar Special Valentine's Treat!!
16 PRESIDENTS DAY NO SCHOOL	17 Philly Steak Sub w/ Grilled Peppers & Onions BBQ Baked Beans Fresh Fruit & Vegetable Bar	18 Savory Orange Chicken Bowl Fresh Steamed Broccoli Fresh Fruit & Vegetable Bar	19 Salisbury Steak w/ Whole Grain Dinner Roll Creamy Mashed Potatoes w/ Gravy Fresh Fruit & Vegetable Bar	20 Homemade Cheese or Pepperoni Pizza Chicken Alfredo Pizza Golden Sweet Corn Fresh Fruit & Vegetable Bar
23 Popcorn Chicken Bowl w/ Homemade Biscuit Fresh Fruit & Vegetable Bar	24 Burrito Bar Day!! Chicken or Beef Burrito w/Rice and Choice of Beans Golden Sweet Corn Fresh Fruit & Vegetable Bar	25 Cinnamon French Toast Sticks w/ Turkey Sausage Links Crispy Tater Tots Fresh Fruit & Vegetable Bar	26 Homemade Italian Dunks w/ Marinara Sauce Fresh Steamed Broccoli Fresh Fruit & Vegetable Bar	27 Grilled Cheeseburger or Hamburger Oven Baked Sweet Potato Fries Fresh Fruit & Vegetable Bar

THE PIZZERIA

Cheese Pizza
Pepperoni Pizza
Hot Honey Pizza
BBQ Chicken Pizza

THE GRILL

**Monday-
Wednesday-Friday**

Turkey Burger
Cheeseburger

Tuesday-Thursday

Veggie Burger
BBQ Rib Sandwich

**Oven Baked Fries
will be offered
every day!**

GRAB N' GO

Fresh Made Turkey & Cheese or Ham & Cheese Wraps

Fresh Made Turkey & Cheese or Ham & Cheese Subs

Fresh Made Turkey, Ham or Grilled Chicken Chef Salads

Fruit & Yogurt Parfait w/ Cinnamon Granola



WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread, and Choice of Milk
*Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, Fat Free Chocolate

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
Dark Leafy Greens | Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings
Crisp Apple | Sliced Peaches | Mixed Fruit
Fresh Orange | Banana | Pineapple Tidbits
Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

Strawberry or Grape PB&J

