

Director of Food & Nutrition
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Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese tortellini w/ Marinara and Garlic Toast or Smith's Hog Dog on a Bun Steamed Broccoli	3 Boneless Wings w/ Toast or Walking Taco w/ Doritos & Sliced Bread Steamed Corn	4 Korean BBQ Dumplings or Chicken Nuggets w/ Sliced bread Steamed Mixed Vegetables	5 Turkey Bacon Ranch Panini or Popcorn Chicken Bowl w/ Sliced Bread Mashed Potatoes	6 Buffalo Chicken Macaroni & Cheese or Bosco Sticks Steamed Cauliflower
9 Baked Penne w/ Toast or Dill Chicken Patty Sandwich Steamed Green Beans	10 Chicken Quesadilla or Beef & Cheese Nachos w/ Sliced Bread Steamed Corn	11 Queso Cheesesteak Hoagie or Orange Chicken w/ Rice Steamed Broccoli	12 Italian Stromboli or Popcorn Chicken w/ Sliced Bread Oven Roasted Carrots	13 Fajita Chicken Stir Fry w/ Vegetables or TNG Cheeseburger on a Bun Oriental Vegetables
16 French Toast w/ Sausage Patties or Hot Italian Hoagie Crispy Tater Tots	17 Beef Shepherds Pie w/ Bread or Grilled Cheese Panini Steamed Green Beans chocolate Pudding Cup	18 Chipotle Chicken Flatbread or Bacon Cheeseburger on a Bun Steamed Cauliflower	19 Chili Cheese Dog or Sweet & Sour Chicken w/ Rice Baked Beans	20 Breaded Chicken Parm Sandwich or Corn Dog Nuggets Steamed Mixed Vegetables
23 General Tso Chicken Bowl or Roasted Mushroom Cheeseburger Steamed Broccoli	24 Broccoli Cheddar Soup w/ Flatbread or Meatball Hoagie Oven Roasted Carrots	25 Buffalo Chicken Dipper w/ Tortilla Chips or Ham & Cheese Bistro Box Steamed Peas	26 Beef & Cheese Loaded fries or Fiestada Pizza Steamed Corn	27 Chicken Tikka Burrito or Cheesy Garlic Flatbread Refried Beans
30 Turkey & Cheese Pretzel Melt or Cheese Ravioli w/ Marinara & Toast Steamed Peas	31 Pierogies w/ bread or Bacon Cheeseburger on a Bun Steamed Cauliflower	National Nutrition Month Fuel your after-school activities with a nutritious lunch.		

THE PIZZERIA

Daily
 Cheese Pizza
 Pepperoni Pizza

 Daily Special
 Monday: Hot Honey
 Pizza
 Tuesday: Chicken
 Bacon Ranch
 Wednesday: BBQ
 Chicken Pizza
 Thursday: Buffalo
 Chicken Pizza
 Friday: Shamrock Pizza



THE GRILL

Spicy Chicken Patty on
 a Bun

 Chicken Patty on a Bun
 Cheeseburger on a Bun

GRAB N' GO

Monday: Turkey &
 cheese Hoagie or wrap

 Tuesday: Fruited Yogurt
 Parfait w/ Crackers

 Wednesday: Breaded
 Chicken Wrap

 Thursday: Fruited
 Yogurt parfait w/
 crackers

 Friday: Ham & Cheese
 Wrap or Hoagie

 Daily
 Uncrustable w/
 cheesestick and
 crackers

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, 1% White, Fat Free Chocolate,
 Fat Free Strawberry

 Prek: Fat Free White, 1% White

**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

Daily Salad Special
 Monday: Chef Salad w/ Ham & Sliced bread or crackers
 Tuesday: Chef Salad w/ egg & sliced Bread or crackers
 Wednesday: Chef Salad w/ Turkey & Sliced bread
 Thursday: Italian Salad w/ sliced bread or crackers
 Friday: Breaded Chicken Salad w/ sliced Bread

