

Monday

2
SPICY CHICKEN SANDWICH
VEGGIE BURGER
GF-GRILLED CHICKEN SANDWICH
ON GF BREAD
BAKED POTATO WEDGES
SOUTHWEST ENTRÉE SALAD
FRESH SEASONAL FRUIT

9
PICNIC DOUBLE BEEF HAMBURGER
OVEN BAKED FRENCH FRIES
BREADED BONELESS CHICKEN WINGS
CORN BREAD MUFFIN
MIXED VEGETABLES
FRESH SEASONAL FRUIT

16
NITRATE-FREE ALL-BEEF
HOT DOG
BAKED BEANS
MACARONI & CHEESE
BROCCOLI
CASHEW CRUNCH SALAD
FRESH SEASONAL FRUIT

23
CHICKEN ALFREDO
STEAMED BROCCOLI
TURKEY & CHEESE ON BAGUETTE
(LETTUCE, TOMATO & CUCUMBER)
FRESH SEASONAL FRUIT

30
CHICKEN & VEGETABLE
POTSTICKERS
FRIED RICE W/ MIXED VEGGIES
EDAMAME
FORTUNE COOKIE
CRUNCHY & SPICY CHICKEN
SANDWICH
ENTRÉE SALAD

Tuesday

3
MANDARIN ORANGE CHICKEN
CHICKEN SRIRACHA HONEY
BROWN RICE W/MIXED VEGGIES
STEAMED BROCCOLI
HAM & SWISS ON FRENCH BAGUETTE
VEGGIE STICKS
FRESH SEASONAL FRUIT

10
CHICKEN NACHOS
FRESH HOME COOKED PINTO BEANS
PICO DE GALLO
GF TORTILLA CHIPS
MEXICAN CHOPPED SALAD
W/CILANTRO VINAIGRETTE
FRESH SEASONAL FRUIT

17
BBQ CHICKEN
ROASTED GREEN BEANS
FINGER LINK POTATOES
HARVEST ROLL
SPINACH & CHEESE RAVIOLI
TOMATO BASIL SAUCE
FRESH SEASONAL FRUIT

24
SHRIMP & RICE
STIR FRY BOWL
(BROCCOLI, RED PEPPER, ZUCCHINI,
SNOW PEAS)
CHICKEN FRITTERS
PASTA SALAD W/ VEGGIES
FRESH SEASONAL FRUIT

31
CHICKEN POZOLE
W/FIXINGS
TORTILLA CHIPS
SALSA FRESCA
STEAKBURGER
OVEN ROASTED POTATO WEDGES
COTTAGE CHEESE & FRUIT PLATTER
FRESH SEASONAL FRUIT

Wednesday

4
ASSORTED PIZZA OF THE DAY
MEAT & VEGETARIAN
GARDEN SALAD
CHICKEN TENDERS
WHOLE GRAIN ROLL
SWEET POTATO FRIES
FROZEN FRUIT CUP

11
ASSORTED PIZZA
OF THE DAY
MEAT & VEGETARIAN
SPINACH & ROMAINE SALAD
GF/DF FREE PIZZA
MEATBALL SUB SANDWICH
FRESH SEASONAL FRUIT

18
ASSORTED PIZZA OF THE DAY
MEAT & VEGETARIAN
SPINACH & ROMAINE SALAD
GF/DF FREE PIZZA
SPICY CHICKEN SANDWICH
(LETTUCE, TOMATO, PICKLES)
CHICKEN STRAWBERRY SALAD
FRESH SEASONAL FRUIT

25
ASSORTED PIZZA
HUMMUS W/
PITA & SLICED VEGGIES
FRESH SEASONAL FRUIT

Thursday

5
PASTA BOLOGNESE
SPAGHETTI & MEAT SAUCE
RUSTIC BAGUETTE SLICE
ITALIAN LEAFY GREENS
CHICKEN CAESAR SALAD ENTRÉE
FRESH SEASONAL FRUIT

12
BEEF QUESADILLA
PICO DE GALLO
JICAMA & CUCUMBER SLICES
CHICKEN ENTREE
CAESAR SALAD
FRESH SEASONAL FRUIT

19
CRUNCHY TURKEY TACO
SALSA FRESCA
SHREDDED LETTUCE
SOUTHWEST SALAD
W/GRILLED CHICKEN
CHIPOTLE DRESSING
FRESH SEASONAL FRUIT

26
PHILLY STEAK SANDWICH
(BELL PEPPERS, ONIONS & MUSH-
ROOMS)
CHICKEN TERIYAKI BOWL
(BRWN RICE, BROCCOLI, CARROTS,
SNOW PEAS)
FRESH SEASONAL FRUIT

Friday

6
ASSORTED PIZZA
OF THE DAY
MEAT & VEGETARIAN
WINTER GREEN SALADS
ASSORTED BENTO BOX ENTRÉE
(COTTAGE CHEESE/CHEES CUBES)
FRESH SEASONAL FRUIT

13
TAVERN STYLE
FISH & CHIPS
HOMEMADE COLESLAW
HONEY WHEAT DINNER ROLL
CHEESE PIZZA
ITALIAN LEAFY GREEN SALAD
FRESH SEASONAL FRUIT

20
BAJA FISH TACOS
W/CABBAGE SLAW
SALSA FRESCA
FRENCH BREAD PIZZA
GARDEN SALAD
FRESH SEASONAL FRUIT

27
FILET OF FISH SANDWICH
FLATBREAD PIZZA
SPRING VEGETABLE SALAD
GREEK SALAD W/GRILLED SHRIMP
FRESH SEASONAL FRUIT

ALL MEALS ARE SERVED WITH 1% OR NON-FAT MILK OR NON-FAT FLAVORED MILK
1% WHOLE GRAINS, FRESH FRUIT AND VEGGIES