

Director of Food & Nutrition

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Cost: Lunch \$3.00, Milk \$0.50

Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
	1 Chicken & Cheese Nachos Whole Grain Cookie Seasoned Refried Beans Mandarin Oranges Applesauce Cup	2 Macaroni & Cheese w/ Garlic Breadstick Steamed Broccoli Fresh Orange Wedges Raisins	3 Homemade Cheese Pizza Seasoned Green Beans Baby Carrots Banana Diced Peaches	4 Cinnamon French Toast Sticks w/ Turkey Sausage Crispy Tater Tots Fresh Apple Slices 100% Fruit Juice
7  NO SCHOOL	8 Cheese Quesadilla Golden Steamed Corn Mandarin Oranges Applesauce Cup	9 Sweet & Sour Chicken Steamed Brown Rice Steamed Broccoli Fresh Orange Wedges Raisins	10 Italian Dunkers w/ Marinara Sauce Seasoned Green Beans Baby Carrots Banana Diced Peaches	11 Corn Dog Nuggets Baked Beans Fresh Apple Slices 100% Fruit Juice
14 Homemade Grilled Cheese Sandwich Creamy Tomato Soup Fresh Apple Slices Pineapple Tidbits	15 Chicken Taco Seasoned Refried Beans Mandarin Oranges Applesauce Cup	16 Cheesy Lasagna Roll-Up Steamed Broccoli Fresh Orange Wedges Raisins	17 Homemade Cheese Pizza Seasoned Green Beans Baby Carrots Banana Diced Peaches	18 Grilled Hamburger or Cheeseburger Oven Baked Fries Fresh Apple Slices 100% Fruit Juice
21 Crispy Chicken Nuggets w/ Dinner Roll Creamy Mashed Potatoes & Gravy Fresh Apple Slices Pineapple Tidbits	22 Beef & Cheese Nachos Whole Grain Cookie Seasoned Refried Beans Mandarin Oranges Applesauce Cup	23 Orange Chicken Steamed Brown Rice Steamed Broccoli Fresh Orange Wedges Raisins	24 Bosco Sticks w/ Marinara Sauce Seasoned Green Beans Baby Carrots Banana Diced Peaches	25 Grilled Hot Dog Baked Beans Fresh Apple Slices 100% Fruit Juice
28 Popcorn Chicken w/ Dinner Roll Creamy Mashed Potatoes w/ Gravy Fresh Apple Slices Pineapple Tidbits	29 Chicken Fajita & Cheese Dip Whole Grain Cookie Golden Steamed Corn Mandarin Oranges Applesauce Cup	30 Cheese Ravioli w/ Marinara Sauce Garlic Breadstick Steamed Broccoli Fresh Orange Wedges Raisins	Alternate Menu Options Mon-Wed-Fri Turkey Chef Salad Tues-Thurs Ham Chef Salad Grape or Strawberry Uncrustable w/ String Cheese & Crackers Reduced-Sugar Yogurt Cup w/ String Cheese & Crackers	
Daily Milk Options: Low-Fat White or Non-Fat Chocolate				