

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fajita 3 Assorted fresh toppings Steamed peppers and onions Black bean and corn salsa Cilantro brown rice Fruit choice* Milk	Rodeo Burger on WG Bun 4 Assorted vegetable toppings Steamed corn Fruit choice* Milk	Loaded Oven Fries 5 Assorted vegetable toppings Seasoned rice and WG cookie Fruit choice* Milk	Crispy Chicken Sandwich on WG Bun 6 Assorted fresh toppings Steamed green beans Fruit choice* Milk	WG Macaroni and Cheese 7 WG Shrimp Poppers Cherry tomatoes California blend vegetables Fruit choice* Milk
WG Bosco Cheesesticks 10 Marinara sauce Kale chopped salad Steamed broccoli Fruit choice* Milk	Sweet and Sour Chicken with Fluffy Brown Rice 11 Snow peas and jicama sticks Steamed vegetable blend WG eggroll Fruit choice* Milk	BBQ Pulled Pork on WG Panini 12 Pineapple coleslaw Steamed carrots Fruit choice* Milk	Nachos Grande 13 Assorted taco toppings Refried beans Brown rice with cilantro Fruit choice* Milk	WG Primo Pizza 14 Caesar salad Steamed peas Fruit choice* Milk
WG Mini Corndogs 17 Baby carrots and cucumber slices Sweet potato fries Fruit choice* Milk	WG Cheese Quesadilla 18 Assorted fresh toppings Steamed corn Fruit choice* Milk	Hamburger/Cheeseburger/Veggie Burger on WG Bun 19 Assorted fresh toppings Vegetarian baked beans Fruit choice* Milk	WG Chicken Tenders 20 Assorted sauces WG Italian pasta salad Steamed carrots Fruit choice* Milk	WG Pasta with Meat Sauce or Marinara Sauce 21 Zucchini sticks Steamed broccoli WG garlic breadstick Fruit choice* Milk
WG Fiestada Pizza 24 Tossed romaine salad Steamed peas Fruit choice* Milk	All Beef Hot Dog on WG Bun 25 Assorted fresh veggies Oven baked beans Baked chips Fruit choice* Milk	WG Grilled Cheese Sandwich 26 Tomato Soup WG Goldfish crackers Steamed green beans Fruit choice* Milk	Chicken and Alfredo Sauce over WG Pasta 27 Fresh carrot and celery sticks Steamed broccoli WG garlic breadstick Fruit choice* Milk	Cheese Omelet 28 Assorted peppers with hummus Breakfast potatoes WG cinnamon roll Fruit choice* Milk

Other Meal Choices:

Burrito bar served on Monday, Wednesday and Friday

Sub Line served on Tuesday and Thursday

Meals include a fruit choice, a vegetable choice and a milk.

Salad Choice: Daily features listed on the School District Child Nutrition Website

A full salad bar featuring a specialty entrée salad available daily.

Salad meal includes a fruit choice, a whole grain bread choice and a milk.

Fruit Choice: At least one fresh fruit and one canned fruit choice will be served daily



Did you know many teens need more of these nutrients? Calcium to build strong bones and teeth. Good sources of calcium are fat-free or low-fat milk, yogurt, and cheese. **Vitamin D** to keep bones healthy. Good sources of vitamin D include orange juice, whole oranges, tuna, and fat-free or low-fat milk. **Potassium** to help lower blood pressure. Try a banana, or baked potato with the skin, for a potassium boost. **Fiber** to help you stay regular and feel full. Good sources of fiber include beans and celery. **Protein** to power you up and help you grow strong. Peanut butter; eggs; tofu; legumes, such as lentils and peas; and chicken, fish, and low-fat meats are all good sources of protein. **Iron** to help you grow. Red meat contains a form of iron that your body absorbs best. Spinach, beans, peas, and iron-fortified cereals are also sources of iron. You can help your body absorb the iron from these foods better when you also eat foods with vitamin C, like an orange.