

| 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 browned rice 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 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 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 | French Toast Sticks 28 Greek yogurt Red and green pepper slices Breakfast potatoes Fruit choice* Milk |

Sandwich Choices: Daily features listed on the School District Child Nutrition Website

Sub or wrap entrée available daily.

PBJ wheat uncrustable (strawberry or grape) available daily.

All include a fruit choice, a vegetable choice & 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.