

Monday	Tuesday	Wednesday	Thursday	Friday
No School Teachers Prep Day 1	WG Primo Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice* 2	Asian Bar Steamed veggie blend Vegetable fried rice Stir-fry veggie bar WG egg roll Fruit choice* Milk choice* 3	Beef Walking Tacos Assorted taco toppings Refried beans Fruit choice* Milk choice* 4	Philly Beef Sandwich Steamed peppers and onions Oven baked fries Rainbow veggie bar Fruit choice* Milk choice* 5
Hamburger/Cheeseburger/Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice* 8	Bone-In Chicken Wings Herb roasted potatoes Steamed broccoli WG Sister Shubert roll Rainbow veggie bar Fruit choice* Milk choice* 9	WG Pasta with Meat Sauce and Marinara Sauce Steamed zoodles Rainbow veggie bar WG Garlic breadstick Fruit choice* Milk choice* 10	WG Chicken Tenders WG Vegilicious Pasta Salad Oven baked sweet potato fries Rainbow veggie bar WG Dinner roll Fruit choice* Milk choice* 11	Chicken Tikka Masala Roasted spiced cauliflower WG Naan bread Seasoned brown rice Rainbow veggie bar and hummus Fruit choice* Milk choice* 12
Loaded Oven Fries Assorted vegetable toppings WG Dinner roll Seasoned brown rice Fruit choice* Milk choice* 15	Chicken and Alfredo Sauce with WG Pasta WG Garlic breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice* 16	WG Primo Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice* 17	WG 'Dill'icious Southern Style Turkey Sandwich Lettuce and tomato slices Oven baked beans Cucumber ranch salad Fruit choice* Milk choice* 18	Bosco Sticks Marinara sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice* 19
Chicken Parmesan with WG Pasta Steamed green beans Rainbow veggie bar Fruit choice* Milk choice* 22	Ultimate All Beef Hotdog Bar Vegetarian baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice* 23	WG Cinnamon Roll and Cheese Omelet Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice* 24	Pork Carnita Nachos Assorted taco toppings Fiesta black beans Spanish rice Fruit choice* Milk choice* 25	WG Garlic Cheesebread Marinara Sauce Tossed garden salad Rainbow veggie bar Fruit choice* Milk choice* 26
BBQ Pulled Pork or Beef Three Cheese Cavatappi Mac WG Dinner roll Steamed corn Rainbow veggie bar Fruit choice* Milk choice* 29	WG Primo Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice* 30			

Sandwich/Wrap choices: Daily features listed on the School District Child Nutrition Website.

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

Grill'd Greats Alternative Hot Entree: Daily features listed on the School District Child Nutrition Website.

Healthy Kids Do Better in School



♦ Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy. Find your healthy eating lifestyle and maintain it for a lifetime. *Make half of your plate fruits and vegetables *Focus on whole fruits *Vary your veggies *Move to low-fat and fat-free milk or yogurt *Vary your protein routine *Make at least half your grains whole grains *Drink and eat less sodium, saturated fat, and added sugars.

Free Meals for All Students

- ♦ **Free Meals** All students enrolled in the school district can receive a free breakfast and a free lunch every day.
- ♦ Ala Carte items, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be charged \$5.00 per meal.
- ♦ Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged.

This institution is an equal opportunity provider.