

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>No School</b> <b>Teacher Prep Day</b>	<b>2</b> <b>WG Primo Pizza</b> Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	<b>3</b> <b>Sweet n Sour Chicken</b> Steamed carrots Vegetable fried rice Stir-fry veggie bar WG Egg roll Fruit choice* Milk choice*	<b>4</b> <b>Beef Tacos</b> Assorted taco toppings Refried beans Fruit choice* Milk choice*	<b>5</b> <b>Philly Beef Sandwich</b> Steamed peppers and onions Oven baked fries Rainbow veggie bar Fruit choice* Milk choice*
<b>8</b> <b>Hamburger/Cheeseburger/Veggie Burger on WG Bun</b> Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	<b>9</b> <b>Oven Roasted Chicken Wings</b> Assorted sauces Sweet potato fries Rainbow veggie bar WG Dinner roll Fruit choice* Milk choice*	<b>10</b> <b>WG Pasta with Meat Sauce and Marinara Sauce</b> Steamed green beans Rainbow veggie bar WG Garlic breadstick Fruit choice* Milk choice*	<b>11</b> <b>WG Chicken Tenders</b> Steamed corn WG Vegilicious Pasta Salad Rainbow veggie bar WG dinner roll Fruit choice* Milk choice*	<b>12</b> <b>WG Quesadilla</b> Fresh veggie fixings Steamed mixed veggies Fruit choice* Milk choice*
<b>15</b> <b>Mini Sampler Basket</b> Sweet potato fries Oven roasted veggie blend Rainbow veggie bar Fruit choice* Milk choice*	<b>16</b> <b>Chicken and Alfredo Sauce with WG Pasta</b> WG Garlic breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*	<b>17</b> <b>WG Primo Pizza</b> Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	<b>18</b> <b>WG Chicken Sandwich</b> Lettuce and tomato slices Oven baked beans Cucumber ranch salad Rainbow veggie bar Fruit choice* Milk choice*	<b>19</b> <b>Bosco Sticks</b> Marinara sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
<b>22</b> <b>Chicken Parmesan with WG Pasta</b> Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*	<b>23</b> <b>Ultimate All Beef Hotdog Bar</b> Vegetarian baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*	<b>24</b> <b>WG Cinnamon Roll Cheese Omelet</b> Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice*	<b>25</b> <b>Pork Carnita Nachos</b> Fresh taco fixings Fiesta Black beans Fruit choice* Milk choice*	<b>26</b> <b>WG Garlic Cheesebread</b> Marinara Sauce Tossed garden salad Rainbow veggie bar Fruit choice* Milk choice*
<b>29</b> <b>WG Shrimp Poppers</b> Three Cheese Cavatappi Mac Steamed corn Rainbow veggie bar Fruit choice* Milk choice*	<b>30</b> <b>WG Primo Pizza</b> Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*			

**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.