

Monday	Tuesday	Wednesday	Thursday	Friday
WG Pasta with choice of Meatballs and/or Marinara Sauce 2 Steamed green beans Rainbow veggie bar WG garlic breadstick Fruit choice* Milk choice*	WG Chicken Tenders 3 Herb roasted potatoes Steamed broccoli WG Dinner roll Rainbow veggie bar Fruit choice* Milk choice*	Hamburger/Cheeseburger/Veggie Burger on WG Bun 4 Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	WG Pancakes with Syrup Cheese Omelet 5 Breakfast potatoes Colorful garden peppers Rainbow veggie bar Fruit choice* Milk choice*	WG Cheese Quesadilla 6 Assorted fresh toppings Steamed carrots Fruit choice* Milk choice*
Nachos Grande 9 Assorted vegetable toppings Black bean and corn salsa Seasoned brown rice Fruit choice* Milk choice*	Chicken and Alfredo Sauce with WG Pasta WG Garlic Breadstick 10 Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*	WG Cheese Pizza 11 Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	WG Chicken Sandwich 12 Lettuce and tomato slices Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	WG Shrimp Basket 13 Oven baked fries Steamed carrots Cucumber ranch salad Fruit choice* Milk choice*
Chicken Parmesan with WG Pasta 16 Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*	WG Chicken Enchiladas 17 Fresh fixings Refried beans Seasoned brown rice Fruit choice* Milk choice*	WG French Toast Sticks Chicken Sausage Links 18 Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice*	All Beef Hotdog on WG Bun 19 Vegetarian baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*	WG Ooey Goey Cheesebread 20 Marinara Sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
23	24	25	26	27
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
30	31			
Winter Break	Winter Break			

Cold Sandwich Choices:

Wheat PBJ Uncrustable (strawberry or grape) or Turkey and Cheese Sandwich on WG bread available daily. All include a fruit choice, a vegetable choice and a milk.

Salad Choice: Pre-made salads are 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

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 and all adult meals will be charged accordingly. Adult 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.