

Monday	Tuesday	Wednesday	Thursday	Friday
WG Pasta with choice of Meatballs and/or Marinara Sauce 3 Steamed green beans Rainbow veggie bar WG garlic breadstick Fruit choice* Milk choice*	WG Chicken Tenders 4 Mashed potatoes Steamed broccoli WG Dinner roll Rainbow veggie bar Fruit choice* Milk choice*	Hamburger/Cheeseburger/Veggie Burger on WG Bun 5 Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	WG Pancakes with Syrup Cheese Omelet 6 Breakfast potatoes Colorful garden peppers Rainbow veggie bar Fruit choice* Milk choice*	WG Max Cheese Sticks Marinara Sauce 7 Steamed carrots Rainbow veggie bar Fruit choice* Milk choice*
Nachos Grande 10 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 11 Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*	WG Cheese Pizza 12 Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	WG Chicken Sandwich 13 Lettuce and tomato slices Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	WG Shrimp Basket 14 Oven baked fries Steamed carrots Cucumber ranch salad Fruit choice* Milk choice*
No School Staff Development Day 17	WG Chicken Enchiladas 18 Fresh fixings Refried beans Seasoned brown rice Fruit choice* Milk choice*	WG French Toast Sticks Chicken Sausage Links 19 Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice*	All Beef Hotdog on WG Bun 20 Vegetarian baked beans Onion rings Rainbow veggie bar Fruit choice* Milk choice*	WG Ooey Goopy Cheesebread Marinara Sauce 21 Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
Mini Sampler Basket 24 Oven baked sweet potato fries Rainbow veggie bar Fruit choice* Milk choice*	WG Cheese Pizza 25 Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	Turkey and Cheese Sub on WG Bun 26 Steamed green beans WG Sunchips Rainbow veggie bar Fruit choice* Milk choice*	Beef Walking Taco 27 Assorted taco toppings Refried beans Fruit choice* Milk choice*	WG Orange Chicken 28 WG veggie fried rice Steamed mixed veggies Rainbow veggie bar WG Dinner roll Fruit choice* Milk choice*

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.