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MG =	Whole Grain	IF =	Low Fat	

Monday	Tuesday	Wednesday	Thursday	Friday
WG Pasta with choice of 3 Meatballs and/or Marinara Sauc Steamed broccoli Rainbow veggie bar	WG Chicken Tenders 4 Mashed potatoes Steamed corn Rainbow veggie bar	Hamburger/Cheeseburger/ Veggie Burger on WG Bun Assorted fresh toppings Sweet potato fries	WG Pancakes with Syrup 6 Cheese Omelet Breakfast potatoes Colorful garden peppers	WG Max Cheese Sticks 7 Marinara Sauce Steamed carrots Rainbow veggie bar Fruit
WG garlic breadstick Fruit choice* Milk choice*	WG dinner roll Fruit choice* Milk choice*	Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	Rainbow veggie bar and hummus Fruit choice* Milk choice*	choice* Milk choice*
Burrito Bowl Assorted vegetable toppings Ranchero pinto beans Seasoned brown rice Fruit choice* Milk choice*	Chicken and Alfredo Sauce with WG Pasta WG Garlic Breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*	WG Primo Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	WG Chicken Sandwich Baked butternut squash Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	WG Shrimp Poppers 14 Three Cheese Cavatappi Mac Steamed carrots Rainbow veggie bar Fruit choice* Milk choice*
No School Staff Development Day	WG Chicken Enchiladas Fresh fixings Refried beans Seasoned brown rice Fruit choice* Milk choice*	WG Cinnamon Roll Egg Bites with Bacon Bits (Pork) and Cheese Breakfast potatoes Rainbow veggie bar Fruit choice* Milk choice*	Pretzel Dog BBQ baked beans Onion rings Sesame ginger broccoli slaw Rainbow veggie bar Fruit choice* Milk choice*	WG Garlic Cheesebread Marinara sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
Mini Sampler Basket Oven baked fries Roasted vegetable medley Rainbow veggie bar Fruit choice* Milk choice*	WG Primo Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	Ham and Turkey Sandwich on 26 WG Sub Bun Creamy coleslaw Oven baked beans WG Sunchips Rainbow veggie bar Fruit choice* Milk choice*	Beef Walking Taco Assorted taco toppings Refried beans Fruit choice* Milk choice*	WG Orange Chicken Steamed carrots WG veggie fried rice Rainbow veggie bar WG Egg roll 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.



Free Meals for All Students

- Free Meals All students enrolled in the school district can receive one free breakfast meal and one free lunch meal 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.