

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | | 1 No School | 2 Beef Walking Taco Assorted taco toppings Refried beans Fruit choice* Milk choice* | 3 WG Orange Chicken WG veggie fried rice Steamed mixed veggies Rainbow veggie bar WG Dinner roll Fruit choice* Milk choice* |
| 6 WG Pasta with choice of Meatballs and/or Marinara Sauce Steamed green beans Rainbow veggie bar WG garlic breadstick Fruit choice* Milk choice* | 7 WG Chicken Tenders Mashed potatoes Steamed broccoli WG Dinner roll Rainbow veggie bar Fruit choice* Milk choice* | 8 Hamburger/Cheeseburger/Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice* | 9 WG Pancakes with Syrup Cheese Omelet Breakfast potatoes Colorful garden peppers Rainbow veggie bar Fruit choice* Milk choice* | 10 WG Cheese Quesadilla Assorted fresh toppings Steamed carrots Fruit choice* Milk choice* |
| 13 Nachos Grande Assorted vegetable toppings Black bean and corn salsa Seasoned brown rice Fruit choice* Milk choice* | 14 Chicken and Alfredo Sauce with WG Pasta WG Garlic Breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice* | 15 WG Cheese Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice* | 16 WG Chicken Sandwich Lettuce and tomato slices Oven baked beans Rainbow veggie bar Fruit choice* Milk choice* | 17 WG Shrimp Basket Oven baked fries Steamed carrots Cucumber ranch salad Fruit choice* Milk choice* |
| 20 No School Dr. Martin Luther King Jr Day | 21 No School | 22 No School | 23 All Beef Hotdog on WG Bun Vegetarian baked beans Onion rings Rainbow veggie bar Fruit choice* Milk choice* | 24 WG Ooey Goopy Cheesebread Marinara Sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice* |
| 27 Mini Sampler Basket Oven baked sweet potato fries Rainbow veggie bar Fruit choice* Milk choice* | 28 WG Cheese Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice* | 29 Turkey and Cheese Sub on WG Bun Steamed green beans WG Sunchips Rainbow veggie bar Fruit choice* Milk choice* | 30 Beef Walking Taco Assorted taco toppings Refried beans Fruit choice* Milk choice* | 31 WG Orange Chicken 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.