


Monday	Tuesday	Wednesday	Thursday	Friday
WG Cheese Pizza Steamed broccoli Assorted fresh veggies Fruit choice* Milk choice	All Beef Hotdog on WG bun Creamy coleslaw Vegetarian baked beans Fruit choice* Milk choice	Chicken and Alfredo Sauce With WG Pasta and Breadstick X-ray vision carrots Assorted fresh veggies Fruit choice* Milk choice	Beef Walking Taco Assorted taco toppings Refried beans Fruit choice* Milk choice	WG Pizza Crunchers Steamed peas Caesar salad Fruit choice* Milk choice
No School Teacher Prep Day	WG Mini Pancakes Cheese Omelet Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice	WG Combo Sub Assorted veggie toppings Steamed green beans Fruit choice* Milk choice	Nachos Grande' Assorted fresh toppings Refried beans Fruit choice* Milk choice	WG Pasta with Meatsauce and/or Marinara Sauce Steamed broccoli Assorted fresh veggies WG garlic breadstick Fruit choice* Milk choice
Hamburger/Cheeseburger/Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Fruit choice* Milk choice	WG Mini Corndogs Oven baked sweet potato fries Crisp carrots and crunchy celery with LF dip Fruit choice* Milk choice	Chicken Parmesan with WG Egg Noodles Steamed green beans Fruit choice* Milk choice	Ferndale Turkey and Gravy Mashed potatoes Corn on the cob WG Sister Shuber roll Fruit choice* Milk 	Ooey-Goey WG Garlic Cheesebread Marinara sauce Caesar salad Fruit choice* Milk
Tater Totchos Assorted vegetable toppings Black bean and corn salsa Seasoned brown rice Fruit choice* Milk choice	WG Macaroni and Cheese WG Chicken Poppers Power packed veggie blend Cherry tomatoes and cucumbers Fruit choice* Milk choice	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
WG Cheese Pizza Steamed broccoli Assorted fresh veggies Fruit choice* Milk choice	All Beef Hotdog on WG bun Creamy coleslaw Vegetarian baked beans 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


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** Our free meal program has been extended through the end of the 21-22 school year, as provided by the United States Department of Agriculture. All students enrolled in the school district can receive free breakfast and lunch every day.
- ◆ 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.