


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Available at Every Meal:</p> <ul style="list-style-type: none"> • Whole Grain Bread • Lettuce Salad & Fresh Vegetables • Fresh and/or Canned Fruits 		<p>Beef Hot Dog on WG Bun 1 or Pepperoni Flat Bread</p> <p>Green Beans, Cookie</p> <p>Box: Turkey & Cheese Wrap</p>	<p><i>Hawaiian Pizza</i> – Sc or 2 Chicken Pattie on WG Bun</p> <p>French Fries</p> <p>Box: Turkey & Cheese Wrap</p>	<p>Hamburger on WG Bun or 3 WG Cheese Quesadilla</p> <p>Chips & Salsa</p> <p>No Box</p>
<p>Teriyaki Chicken w/Brown 6 Rice & Vegetables -Sc or Yogurt Parfait & WG Uncrustable</p> <p>Box: Tuna Sandwich on WW</p>	<p>Beef Tacos or 7 Chicken & Mashed Potato Quesadillas - Sc</p> <p>Churros, Fiesta Brown Rice Box: Tuna Sandwich on WW</p>	<p>Hot Ham & Cheese on 8 WW or Chicken Tenders</p> <p>Roasted Potatoes, Green Beans Box: Tuna Sandwich on WW</p>	<p>Sloppy Joes – Sc on WG 9 Bun or Chicken Nuggets</p> <p>Corn, <i>Pineapple Upside Down Cake</i> -Sc Box: WW Turkey Sandwich</p>	<p>WG Pancakes, Cheese 10 Omelet, Potato Rounds, and OJ or Cheese Breadsticks w/Marinara Sauce & Potato Rounds No Box</p>
<p>Chicken Alfredo Pasta -Sc 13 or BYO Chef Salad</p> <p>Breadstick, Cooked Broccoli</p> <p>Box: Turkey Sandwich on WW</p>	<p>BYO Beef Nachos - Sc or 14 Rib-B-Q Sandwich on WG Bun</p> <p>Green Beans, Rice Medley Box: Turkey Sandwich on WW</p>	<p>Beef Chili – Sc or Chicken 15 Caesar Salad</p> <p>Cinnamon Roll</p> <p>Box: Turkey Sandwich on WW</p>	<p><i>Hawaiian Burger</i> – Sc or 16 Hip Dipper</p> <p>Shoestring Fries</p> <p>Box: Turkey Sandwich on WW</p>	<p>Mac & Cheese (Red. Fat) 17 or WG Cheese Pizza</p> <p>Salad Bar, Corn</p> <p>No Box</p>
<p>No School 20</p>	<p>Popcorn Chicken or WW 21 Grilled Turkey & Cheese</p> <p>Green Beans, Smile Fries</p> <p>Box: WW Salami & Cheese</p>	<p>WW Grilled Cheese & 22 Tomato Soup or Mozz Sticks w/Marinara Sauce</p> <p>Corn No Box</p>	<p><i>Pigs in a Blanket</i> – Sc 23 w/Roasted Potatoes or Sweet & Sour Chicken w/Brown Rice - Sc</p> <p>Box: WW Salami & Cheese</p>	<p>Fish Sandwich on WG 24 Bun or Cheese Bread w/Marinara Sauce</p> <p>Rice Crispy Bar No Box</p>
<p>BYO Crispy Chicken Wrap 27 or Chicken Burger on WG Bun</p> <p>Baked Beans Box: WG Uncrustable with Cheese Stick</p>	<p>Stuffed Crust Cheese 28 Pizza or BYO Burrito Bar - Sc</p> <p>Rice Medley Box: WG Uncrustable with Cheese Stick</p>	<p>Pasta w/Meat Sauce – Sc 31 or Big Daddy's Pizza</p> <p>Bread Stick, Corn Box: WG Uncrustable with Cheese Stick</p>		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

- Milk Choices Included With Meal: Skim, 1%, and Skim Chocolate; Lactose Free Available Upon Written Request
- Lunch Prices are: \$2.75 K-8, \$3.75 Adult Guest, \$3.00 Child Guest, \$.45 Additional and A La Carte Milk
- Menu Subject To Change