



## A Nourished Student is a Learning Student!

This institution is an equal opportunity provider.

**Su**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

3  
Chicken Parmesan  
1/4 cup Seasoned Broccoli  
1/4 cup Applesauce

10  
2 Whole Grain Stuffed Cheese Breadsticks  
1/4 Peas  
1/4 Cup Marinara Sauce  
1/4 Cup Mandarin Oranges

17  
Hamburger on a Whole Wheat Bun  
Ketchup  
1/4 Cup Vegetarian Baked Beans  
Apple Slices

24  
5 Whole Grain Mini Chicken Corn Dogs  
Ketchup  
1/4 Cup Seasoned Corn  
1/4 Cup Pumpkin Pudding

4  
Sweet and Sour Meatballs  
1/4 cup Steamed Carrots  
Whole Grain Roll  
1/4 cup Mixed Fruit

11  
Whole Grain Rotini Beef Pasta Bake  
1/4 Cup Seasoned Broccoli  
1/4 Cup Mixed Fruit Cup

18  
Reduced Fat Macaroni & Cheese  
1/4 Cup Seasoned Broccoli  
1/4 Cup Mixed Fruit

25  
3 Whole Grain Breaded Chicken Tenders  
BBQ Sauce Packet  
1/4 Cup Seasoned Broccoli  
1/4 Cup Diced Pears

5 **BREAKFAST FOR LUNCH**  
1 Whole Grain Eggo Waffle  
1 Turkey Sausage  
1 Cheese Stick  
1 Hash Brown Round  
1/4 cup Diced Pears

12  
2 oz Reduced Fat Taco Meat and 1 oz Cheese Sauce  
1 Whole Grain Tortilla  
1/4 Cup Refried Beans  
1/4 Cup Salsa  
1 Bag Apple Slices

19  
Turkey Ham and Cheese Wrap  
1 bag Cherry Tomatoes  
1/4 Cup Peaches

26  
4 Beef Dippers  
1 Whole Grain Roll  
1/4 Cup Mixed Vegetables  
1/4 Mandarin Oranges

6  
Inside Out Beef Burger on Whole Wheat Bun  
Ketchup  
1/4 Cup Vegetarian Baked Beans  
1/4 Cup Diced Peaches

13  
2.5 oz Tangerine Chicken  
1/4 Cup Vegetable Fried Rice  
1/4 Cup Far East Vegetable Blend  
1 Fresh Banana

20  
Salisbury Steak  
2oz of Low Sodium Beef Gravy  
1/4 Cup Seasoned Carrots  
1/4 Cup Applesauce  
Whole Wheat Dinner Roll

27  
Sloppy Joes on a Whole Wheat Bun  
1/4 Cup Green Beans  
1/4 Cup Diced Peaches

7  
Cold Tasty Brands Pizza Lunch Kit (Whole Grain Flat Bread, Cheese, & Marinara Sauce)  
1 Bag Apple Slices  
1 Bag Broccoli Buds

14  
**NO SCHOOL**

21  
1 Soybutter & Jelly Sandwich  
1 bag Cheese Cubes  
1 bag Broccoli Bud  
Fresh Apple

28  
**NO SCHOOL**



1% WHITE MILK INCLUDED WITH LUNCH



Due to nationwide food shortages and supply chain issues, menus are subject to change depending on availability.

