



Grab and Go SANDWICH
Italian Sub (28g)
Turkey Wrap (29g),
Tuna Salad wrap(31g)
Ham & Cheese Sub (28g)



Grab and Go Salads

Chef Salad (8g),
Garden Salad (14.5g), or
Caesar Salad (15g)

All Salads come with your
choice of whole grain
(Cheese Its, Goldfish,
whole grain Muffin)

All Lunches Must Include
Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk

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MON	TUES	WED	THURS	FRI
<p>¹⁰ Bosco Sticks w/ Marinara Sauce Mix Vegetable Pineapple</p>	<p>¹¹ Popcorn Chicken Bowl w/ Biscuit Whole Kernel Corn Mix Fruit</p>	<p>¹² Jumbo Cheese Ravioli w/ Meat Sauce Green Beans Slice Peaches</p>	<p>¹³ French Toast Turkey Sausage Hash Browns Apple Sauce</p>	<p>¹⁴ Chicken & Waffle Warm Cinnamon Apples Steamed Carrots</p>
<p>¹⁷ Boneless Chicken Wings WG Dinner Roll French Fries Sliced Peaches</p>	<p>¹⁸ Walking Taco Garden Salad Cup Mandarin Oranges</p>	<p>¹⁹ Sweet & Sour Chicken Over Rice Mixed Vegetable Pineapple</p>	<p>²⁰ Meatloaf with WG Dinner Roll Au gratin Potatoes Green Beans Mixed Berries</p>	<p>²¹ Chicken Quesadillas W/ Salsa Spanish Rice Steamed Corn</p>
<p>²⁴ Pepperoni Bread Sticks w/ Marinara Sauce Green Beans Mixed Fruit</p>	<p>²⁵ Bacon Cheeseburger French Fries Slice Peaches</p>	<p>²⁶ Spicy Popcorn Chicken Mash Potatoes Whole Kernel Corn</p>	<p>²⁷ Sloppy Joe/on WG Bun French Fries Slice Carrot Coins Pineapple Tidbits</p>	<p>²⁸ Chef Choice</p>
<p>¹ Chicken Tender WG Dinner Roll w/ Oven Baked Fries Mandarin Oranges</p>	<p>² Philly Cheesesteak Roasted Green Peppers & Onions Tato Tots Steamed Carrots</p>	<p>³ Chicken Alfredo Over Noodles WG Dinner Roll Mix Vegetable</p>	<p>⁴ Meatloaf with Mash Potato Steamed corn Sliced Peaches</p>	<p>⁵ Grilled Cheese French Fries Baked Beans Sliced Apples</p>
<p>⁸ Chef Choice</p>	<p>⁹ French Toast Turkey Sausage Hash Browns Mixed Berries</p>	<p>¹⁰ Chicken Drumstick w/ Brown Rice Green Beans Pineapples</p>	<p>¹¹ Cheese Quesadilla With Refried Beans Mixed Vegetable</p>	<p>¹² Meatballs over Pasta Garlick Bread Steamed Broccoli</p>

CHICKEN:

**Crispy or Spicy Chicken Sandwich (48g),
Nuggets (14g)**

**BURGERS: Cheeseburger (39g)
Hamburger (38g) & Veggie Burger (42g)**

Apples 19g, Oranges 15g, Side Salad 6g
Monday: Fruit cocktail 18g, Fresh Broccoli 1g & Kickin' Pintos 19g or Baked Beans 19g
Tuesday: Pears 18g, Seasoned Carrots 4g & Celery Sticks 3g
Wednesday: Peaches 18g, Baby Carrots 1g & Broccoli 4g
Thursday: Pineapple 17g, Celery Sticks 3g & Green Beans 4g, or Mixed Vegetable 6g

