



**Grab and Go SANDWICH**  
Italian Sub (28g)  
Turkey Wrap (29g),  
Chicken 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 a Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk

MON	TUES	WED	THURS	FRI
<b>Chef Choice</b> <sup>22</sup>	Philly Cheesesteak (29) Roasted Green Peppers & Onions (8) Tato Tots(19) Steamed Carrots(4) <sup>23</sup>	Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Mandarin Oranges (17) <sup>24</sup>	Sloppy Joe(10) on/ WG Bun (36) Oven Fries (15) Sliced Peaches (18) <sup>25</sup>	Egg & Cheese Sliders (20) Turkey Sausage Orange Slices (15) <sup>26</sup>
Chicken Quesadillas <sup>29</sup> (30) w/ Salsa(2) Spanish Rice (44) Steamed Corn(15)	Bacon Cheeseburger(37) French Fries(23) Mix Fruit (18) <sup>30</sup>	<b>No school Professional Development Day</b> <sup>1</sup>	Chicken & Waffle(50) Warm Cinnamon Apples (9) Steamed Carrots(4) <sup>2</sup>	Macaroni & Cheese w/ Pretzel Rod Steamed Broccoli Sliced Peaches <sup>3</sup>
Boneless Chicken Wings(14) WG Dinner Roll(30) French Fries(14) Sliced Peaches (18) <sup>6</sup>	Hot Turkey Sandwich ( 27) Mash Potatoes (15) Whole Kernel Corn (15) <sup>7</sup>	Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Mandarin Oranges (17) <sup>8</sup>	<b>Chef Choice</b> <sup>9</sup>	Jumbo Cheese Ravioli & Meat Sauce (29) Garlic Bread Spinach ( 15) <sup>10</sup>
French Toast (43) <sup>13</sup> Turkey Sausage Hash Browns (14) Apple Sauce (22)	Meatloaf w/ Mash Potatoes((15) Green Beans(3) Fruit Cocktail (16) <sup>14</sup>	Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Pineapple (17) <sup>15</sup>	Spicy Chicken Tenders <sup>16</sup> (17) w/ Dinner Roll(15) Carrot Coins (15) Pineapple Tidbits(17)	Grilled Cheese (31) <sup>17</sup> French Fries(23) Baked Beans (19) Slice Apples (8)
Cheese Quesadillas (32) Refried Beans (20) Steamed Carrots (15) Fruit Cocktail (16) <sup>20</sup>	Sweet & Sour Chicken Over Rice (33) WG Dinner Roll(15) Green Beans(3) <sup>21</sup>	Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Pineapple (17) <sup>22</sup>	<b>Chef Choice</b> <sup>23</sup>	<b>Half day Breakfast only</b> <sup>24</sup>

**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  
**Friday:** Applesauce 14g, Baby Carrots 1g & Tater Tots 19g or Curly Fries 19g, or Corn 4g