

MON	TUES	WED	THURS	FRI
6 Hot Roast Beef Sandwich Whipped Potatoes W/Gravy Roasted Corn Fruit Cocktail	7 <b>Professional Day</b>	8 Bosco Sticks W/ Marinara Sauce Mixed Vegetable Pineapple Bits	9 French Toast Turkey Sausage Hash Browns Apple Sauce	10 Macaroni & Cheese W/ Pretzel Rod Steamed Broccoli Sliced Peaches
13 Chicken Quesadillas w/ Salsa Spanish Rice Black Beans	14 Bosco Sticks Marinara Sauce Mixed Vegetable Pineapple	15 Oven Roasted Turkey Breast w/ Bread Stuffing Mash Potatoes Cranberry Sauce	16 <b>Chef Choice</b>	17 Sloppy Joe on WG Bun Oven Fried Potatoes Sliced Peaches California Blend
20 Meatballs over Pasta Garlic Bread Fresh Broccoli Fruit Cocktail	21 <b>Chef Choice</b>	22 <b>No Lunch Half Day</b>	23 	24 
27 <b>Chef Choice</b>	28 Bosco Sticks Marinara Sauce Mixed Vegetable Pineapple	29 Chicken Alfredo over Noodles WG Dinner Roll Vegetable Blend	30 2 Breakfast Burrito With Salsa Hash Browns Orange Smiles	1 Grilled Cheese French Fries Baked Beans Slice Apples
4 Cheese Quesadillas Refried Beans Mixed Vegetable Fruit Cocktail	5 Bosco Sticks w/Marinara Sauce Seasoned Carrots Fresh Grapes	6 Sweet & Sour Chicken Over Rice WG Dinner Roll Mixed Vegetable	7 <b>Chef Choice</b>	8 Meatball over Pasta Garlic Bread Steamed Broccoli Apple Sauce



**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 a Choice of: Fruits and/or Vegetable  
And May Include: 1% Low-Fat Milk



**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