

A Nourished Student is a Learning Student!

This institution is an equal opportunity provider.

 EACH DAY COLD OPTIONS ARE OFFERED
 TURKEY CHEF SALAD, VEGGIE CHEF SALAD, OR HAM CHEF SALAD
 TURKEY & CHEESE SUB OR HAM & CHEESE SUB
 ASSORTED FRUITS AND FRESH VEGETABLES OFFERED DAILY
Su**Mon****Tue****Wed****Thu****Fri****Sat**

4

5

 Whole Grain Breaded
 Chicken Tenders
 BBQ Sauce Packet
 Seasoned Broccoli
 Diced Pear Cup
 Whole Grain Cheez Its

6

BREAKFAST FOR LUNCH
 Eggo Mini Confetti Pancakes
 Turkey Sausage Patties
 Tater Tots
 Orange Juice
 Baby Carrots w/ Ranch
 Fresh Banana

7

 Inside out Burger on a
 Whole Wheat Bun
 Vegetarian Baked Beans
 Diced Peaches

8

 Hungry Howie's Pepperoni
 Pizza
 Tossed Salad w/ Ranch
 Apple Slices
 Fresh Tomatoes
 Colby Cheese Cubes
 Fruit Punch

 CHOICE of
 MILK
 INCLUDED
 WITH
 LUNCH

 Due to the holiday, the cold lunch choice for
 the 5th will be a soybutter & jelly sandwich,
 carrots, hummus, yogurt,
 applesauce, Whole Grain Cheez Its

11

 Stuffed Cheese
 Breadsticks
 Marinara Sauce
 Seasoned Peas
 Strawberry Parfaits

12

 Whole Grain Rotini Beef
 Pasta Bake
 Seasoned Broccoli
 Whole Grain Garlic Twiz
 Stick
 Mixed Fruit Cup

13

 Reduced Fat Taco Meat and
 Cheese Sauce
 Whole Grain Tortilla Chips
 Refried Beans
 Salsa
 Strawberry Cup
 Peach Cup

14

 Whole Grain Chicken Patty
 on Whole Grain Bun
 BBQ Sauce
 Green Beans
 Diced Peaches
 Whole Grain Goldfish Crackers

15

 Hungry Howie's Pepperoni
 Pizza
 Tossed Salad w/ Ranch
 Apple Slices (2) Bags
 Dragon Punch Juice
 Colby Cheese Cubes

IMPORTANT

18

 Whole Grain Mini
 Chicken Corn Dogs
 Ketchup & Mustard
 Seasoned Corn
 Pumpkin Pudding
 Mixed Fruit

19

 Reduced Fat Macaroni &
 Cheese
 Served with
 Whole Grain Breadstick
 Seasoned Broccoli
 Dill Seasoned Carrots
 Cinnamon Applesauce

20

 Beef Dippers
 2 Whole Grain Rolls
 Mixed Vegetables
 Whipped Sweet Potatoes
 Strawberry Kiwi 100% Juice
 Fresh Banana

21

 Sloppy Joes
 on a Whole Wheat Bun
 Edamame Corn Salad
 Green Beans
 Diced Peaches
 Whole Grain President
 Cookies

22

 Hungry Howie's Pepperoni
 Pizza
 Tossed Salad w/ Ranch
 Apple Slices
 Fresh Tomatoes
 Colby Cheese Cubes
 Fruit Punch

25

 Hamburger on Whole Grain
 Bun
 Corn & Carrots
 Veggie Baked Beans
 Applesauce Mousse

26

 Whole Grain Bean & Cheese
 Burrito
 Corn with Peppers
 Salsa
 Diced Peaches

27

 Chicken Parmesan
 Whole Grain Roll
 Seasoned Broccoli
 Seasoned Green Beans
 Spiced Pears
 Fresh Banana

28

 Whole Grain Eggoji Waffles
 Egg & Cheese Omelet
 Cinnamon Applesauce
 Hash Brown Rounds
 Carrots w/ Ranch

29

No School
 Due to
 nationwide food
 shortages and
 supply chain
 issues, menus
 are subject to
 change
 depending on
 availability.