

**REGULAR LINE (Grade 7-8)**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|   |   |   | <b>1</b>  | <b>2</b>  |
|   |   |   |   |   |
| <b>5</b>  | <b>6</b>  | <b>7</b>  | <b>8</b>  | <b>9</b>  |
| Spaghetti W/Meat Balls<br>Whole Wheat Toast Bread<br>Steamed Broccoli<br>Romaine/Carrots Shredded<br>Fresh Apple<br>Peach Slices<br><b>CONDIMENTS:</b><br>Ranch Dressing<br>Parmesan Cheese | Chicken Alfredo w/Fettuccini<br>WW Toast Bread<br>Romaine w/Cherry Tomato<br>Green Beans<br>Fresh Orange<br>Tasty Applesauce<br><b>CONDIMENTS:</b><br>Ranch Dressing            | Beef & Cheese Enchiladas<br>w/Meat Sauce<br>Spanish Rice, Pinto Beans<br>Fresh Cantaloupe<br>Watermelon<br>Diced Pears<br><b>CONDIMENTS:</b><br>Jalapenos | Chicken Fried Steak<br>2 oz Dinner Roll,<br>Green Beans<br>Romaine w/Celery Sticks<br>Fresh Orange<br>Tasty Applesauce<br><b>CONDIMENTS:</b><br>Parmesan Cheese<br>Ranch Dressing | Nachos Supreme<br>Steamed Corn<br>Romaine/Tomatoes<br>Fresh Apple,<br>Pineapple Tidbits<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing   |
| <b>12</b>   | <b>13</b>   | <b>14</b>   | <b>15</b>   | <b>16</b>   |
| Asian Teriyaki Bowl<br>Romaine Lettuce<br>Baby Carrots<br>Banana<br>Fruit Cocktail<br><b>CONDIMENTS:</b><br>Ketchup   | Oven Roasted Chicken<br>Creamy Mashed Potatoes<br>Romaine/Carrots Shredded<br>Bread Slice<br>Fresh Apple<br>Peach Slices<br><b>CONDIMENTS:</b><br>Ranch Dressing<br>Brown Gravy | Crispy Tacos<br>Romaine w/Diced Tomatoes<br>Pinto Beans,<br>Spanish Rice<br>Seedless Grapes Watermelon<br>Diced Pears<br><b>CONDIMENTS:</b><br>Jalapenos  | Beef & Cheese Lasagna or<br>Green Beans<br>Romaine w/Celery Sticks<br>Fresh Orange<br>Tasty Applesauce<br><b>CONDIMENTS:</b><br>Parmesan Cheese<br>Ranch Dressing                 | Golden Chicken Tenders,<br>2 oz. Dinner Roll<br>Romaine/Carrots<br>Shredded<br>Roasted Red Potatoes<br>Fresh Apple<br>Pineapple Tidbits<br><b>CONDIMENTS:</b><br>Ranch Dressing, Ketchup,<br>Mustard, Mayo, Gravy |
| <b>19</b>   | <b>20</b>   | <b>21</b>   | <b>22</b>   | <b>23</b>   |
| Spaghetti W/Meat Balls<br>Whole Wheat Toast Bread<br>Steamed Broccoli<br>Romaine/Carrots Shredded<br>Fresh Apple<br>Peach Slices<br><b>CONDIMENTS:</b><br>Ranch Dressing<br>Parmesan Cheese | Chicken Alfredo w/Fettuccini<br>WW Toast Bread<br>Romaine w/Cherry Tomato<br>Green Beans<br>Fresh Orange<br>Tasty Applesauce<br><b>CONDIMENTS:</b><br>Ranch Dressing            | Beef & Cheese Enchiladas<br>w/Meat Sauce<br>Spanish Rice, Pinto Beans<br>Fresh Cantaloupe<br>Watermelon<br>Diced Pears<br><b>CONDIMENTS:</b><br>Jalapenos | Chicken Fried Steak<br>2 oz Dinner Roll,<br>Green Beans<br>Romaine w/Celery Sticks<br>Fresh Orange<br>Tasty Applesauce<br><b>CONDIMENTS:</b><br>Parmesan Cheese<br>Ranch Dressing | Nachos Supreme<br>Steamed Corn<br>Romaine/Tomatoes<br>Fresh Apple,<br>Pineapple Tidbits<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing   |
| <b>12</b>   | <b>13</b>   | <b>14</b>   | <b>15</b>   | <b>16</b>   |
| Asian Teriyaki Bowl<br>Romaine Lettuce<br>Baby Carrots<br>Banana<br>Fruit Cocktail<br><b>CONDIMENTS:</b><br>Ketchup   | Oven Roasted Chicken<br>Creamy Mashed Potatoes<br>Romaine/Carrots Shredded<br>Bread Slice<br>Fresh Apple<br>Peach Slices<br><b>CONDIMENTS:</b><br>Ranch Dressing<br>Brown Gravy | Crispy Tacos<br>Romaine w/Diced Tomatoes<br>Pinto Beans,<br>Spanish Rice<br>Seedless Grapes Watermelon<br>Diced Pears<br><b>CONDIMENTS:</b><br>Jalapenos  | Beef & Cheese Lasagna or<br>Green Beans<br>Romaine w/Celery Sticks<br>Fresh Orange<br>Tasty Applesauce<br><b>CONDIMENTS:</b><br>Parmesan Cheese<br>Ranch Dressing                 | Golden Chicken Tenders,<br>2 oz. Dinner Roll<br>Romaine/Carrots<br>Shredded<br>Roasted Red Potatoes<br>Fresh Apple<br>Pineapple Tidbits<br><b>CONDIMENTS:</b><br>Ranch Dressing, Ketchup,<br>Mustard, Mayo, Gravy |

**Milk Choices:**

**1% Low Fat Milk**

**Fat Free Chocolate Fat Free Milk**

**A La Carte**

**Lunch Entrée , \$1.50**

**Side Dish, \$0.50**

**Extra Fruit, \$0.50**

**Extra Milk, \$0.50**

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| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
|   |  |  | <b>1</b>   | <b>2</b>   |
| <b>5</b>  | <b>6</b>   | <b>7</b>   | <b>8</b>   | <b>9</b>   |
| Hamburger<br>Pepperoni Pizza<br>French Fries<br>Romaine/Carrots Shredded<br>Fresh Apple<br>Peach Slices<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing | Bean/Cheese Burrito<br>Cheese Pizza<br>Romaine Lettuce<br>Baby Carrots<br>Banana<br>Fruit Cocktail<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing | Grilled Chicken Sandwich<br>Pepperoni Pizza<br>French Fries<br>Cucumber Salad<br>Watermelon<br>Diced Pears<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo | Spicy Chicken Sandwich<br>Veggie Pizza<br>Green Beans<br>Romaine/Cherry Tomato<br>Fresh Orange<br>Tasty Applesauce<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing | Ham/Cheese Sandwich<br>Pepperoni Pizza<br>Steamed Corn<br>Romaine/Tomatoes<br>Fresh Apple<br>Pineapple Tidbits<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing |
| <b>12</b>   | <b>13</b>  | <b>14</b>  | <b>15</b>  | <b>16</b>  |
| Hamburger<br>Pepperoni Pizza<br>French Fries<br>Romaine/Carrots Shredded<br>Fresh Apple<br>Peach Slices<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing | Bean/Cheese Burrito<br>Cheese Pizza<br>Romaine Lettuce<br>Baby Carrots<br>Banana<br>Fruit Cocktail<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing | Grilled Chicken Sandwich<br>Pepperoni Pizza<br>French Fries<br>Cucumber Salad<br>Watermelon<br>Diced Pears<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo | Spicy Chicken Sandwich<br>Veggie Pizza<br>Green Beans<br>Romaine/Cherry Tomato<br>Fresh Orange<br>Tasty Applesauce<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing | Ham/Cheese Sandwich<br>Pepperoni Pizza<br>Steamed Corn<br>Romaine/Tomatoes<br>Fresh Apple<br>Pineapple Tidbits<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing |
| <b>19</b>   | <b>20</b>  | <b>21</b>  | <b>22</b>  | <b>23</b>  |
| Hamburger<br>Pepperoni Pizza<br>French Fries<br>Romaine/Carrots Shredded<br>Fresh Apple<br>Peach Slices<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing | Bean/Cheese Burrito<br>Cheese Pizza<br>Romaine Lettuce<br>Baby Carrots<br>Banana<br>Fruit Cocktail<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing | Grilled Chicken Sandwich<br>Pepperoni Pizza<br>French Fries<br>Cucumber Salad<br>Watermelon<br>Diced Pears<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo | Spicy Chicken Sandwich<br>Veggie Pizza<br>Green Beans<br>Romaine/Cherry Tomato<br>Fresh Orange<br>Tasty Applesauce<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing | Ham/Cheese Sandwich<br>Pepperoni Pizza<br>Steamed Corn<br>Romaine/Tomatoes<br>Fresh Apple<br>Pineapple Tidbits<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing |
| <b>26</b>   | <b>27</b>  | <b>28</b>  | <b>29</b>  | <b>30</b>  |
| Hamburger<br>Pepperoni Pizza<br>French Fries<br>Romaine/Carrots Shredded<br>Fresh Apple<br>Peach Slices<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing | Bean/Cheese Burrito<br>Cheese Pizza<br>Romaine Lettuce<br>Baby Carrots<br>Banana<br>Fruit Cocktail<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing | Grilled Chicken Sandwich<br>Pepperoni Pizza<br>French Fries<br>Cucumber Salad<br>Watermelon<br>Diced Pears<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo | Spicy Chicken Sandwich<br>Veggie Pizza<br>Green Beans<br>Romaine/Cherry Tomato<br>Fresh Orange<br>Tasty Applesauce<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing | Ham/Cheese Sandwich<br>Pepperoni Pizza<br>Steamed Corn<br>Romaine/Tomatoes<br>Fresh Apple<br>Pineapple Tidbits<br><b>CONDIMENTS:</b><br>Ketchup, Mustard, Mayo<br>Ranch Dressing |

**Milk Choices: 1% Low Fat Milk Fat Free Chocolate Fat Free Milk**

**A La Carte** Lunch Entrée, \$1.50 Side Dish, \$0.50 Extra Fruit, \$0.50 Extra Milk, \$0.50

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**BREAKFAST (Grade 7-8)**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
|   |   |   |  |   |
| <b>5</b>  | <b>6</b>  | <b>7</b>  | <b>8</b>   | <b>9</b>  |
| Kolache WG<br>OR<br>Cereal w/Graham Crackers<br>Fresh Fruit (Apple)<br>Orange Juice<br>Milk Choice                            | Barbacoa Taco<br>OR<br>Double Cho. Chip Muffin<br>Fresh Fruit (Banana)<br>Homemade Salsa<br>Orange Juice<br>Milk Choice | Ham Cheese Croissant<br>OR<br>Smucker Uncrustable,<br>Fresh Cantaloupe<br>Watermelon<br>Orange Juice<br>Milk Choice | Chorizo & Egg w/Toast<br>OR<br>Cereal w/Toast<br>Fresh Fruit (Apple/Orange)<br>Homemade Salsa<br>Orange Juice<br>Milk Choice | Oatmeal w/toast<br>OR<br>Cereal w/Graham Crackers<br>Fresh Fruit (Apple)<br>Homemade Salsa<br>Orange Juice<br>Milk Choice |
| <b>12</b>   | <b>13</b>   | <b>14</b>   | <b>15</b>  | <b>16</b>   |
| Bacon Egg w/biscuit<br>OR<br>Cereal w/Graham Crackers<br>Fresh Fruit (Apple)<br>Homemade Salsa<br>Orange Juice<br>Milk Choice | Breakfast Pizza<br>OR<br>Yogurt Parfait w/Strawberries<br>Fresh Fruit (Banana)<br>Orange Juice<br>Milk Choice           | Potato & Egg w/Bread Slice<br>OR<br>Mini Pancakes (Maple)<br>Watermelon<br>Orange Juice<br>Milk Choice              | Beef Tamales<br>OR<br>Cereal w/Graham Crackers<br>Whole Apple/Orange<br>Homemade Salsa<br>Orange Juice<br>Milk Choice        | Mini Pancakes (Maple)<br>OR<br>Cereal w/Graham Cracker<br>Fresh Fruit (Apple)<br>Orange Juice<br>Milk Choice              |
| <b>19</b>   | <b>20</b>   | <b>21</b>   | <b>22</b>  | <b>23</b>   |
| Kolache WG<br>OR<br>Cereal w/Graham Crackers<br>Fresh Fruit (Apple)<br>Orange Juice<br>Milk Choice                            | Barbacoa Taco<br>OR<br>Double Cho. Chip Muffin<br>Fresh Fruit (Banana)<br>Homemade Salsa<br>Orange Juice<br>Milk Choice | Ham Cheese Croissant<br>OR<br>Smucker Uncrustable,<br>Fresh Cantaloupe<br>Watermelon<br>Orange Juice<br>Milk Choice | Chorizo & Egg w/Toast<br>OR<br>Cereal w/Toast<br>Fresh Fruit (Apple/Orange)<br>Homemade Salsa<br>Orange Juice<br>Milk Choice | Oatmeal w/toast<br>OR<br>Cereal w/Graham Crackers<br>Fresh Fruit (Apple)<br>Homemade Salsa<br>Orange Juice<br>Milk Choice |
| <b>26</b>   | <b>27</b>   | <b>28</b>   | <b>29</b>  | <b>30</b>   |
| Bacon Egg w/biscuit<br>OR<br>Cereal w/Graham Crackers<br>Fresh Fruit (Apple)<br>Homemade Salsa<br>Orange Juice<br>Milk Choice | Breakfast Pizza<br>OR<br>Yogurt Parfait w/Strawberries<br>Fresh Fruit (Banana)<br>Orange Juice<br>Milk Choice           | Potato & Egg w/Bread Slice<br>OR<br>Mini Pancakes (Maple)<br>Watermelon<br>Orange Juice<br>Milk Choice              | Beef Tamales<br>OR<br>Cereal w/Graham Crackers<br>Whole Apple/Orange<br>Homemade Salsa<br>Orange Juice<br>Milk Choice        | Mini Pancakes (Maple)<br>OR<br>Cereal w/Graham Cracker<br>Fresh Fruit (Apple)<br>Orange Juice<br>Milk Choice              |

**Milk Choices:**

**1% Low Fat Milk**

**Fat Free Chocolate**

**Fat Free Milk**

**A La Carte**

Breakfast

\$1.25

Extra Fruit

\$0.50

Extra Milk or OJ

\$0.50

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