

REGULAR LINE (Grade 7-8)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Meat Balls Whole Wheat Toast Bread Steamed Broccoli Romaine/Carrots Shredded Fresh Apple Peach Slices CONDIMENTS: Ranch Dressing Parmesan Cheese	Sweet & Sour Chicken or Fish Patty, Bread Slice White Steamed Rice Mixed Veggies Baby Carrots Banana Fruit Cocktail CONDIMENTS: Tartar Sauce Sweet & Sour Ranch Dressing	Crispy Tacos Romaine w/Diced Tomatoes Polish Sausage Pinto Beans, Spanish Rice Bread Slice or WW Tortilla Sweet Potato Fries Seedless Grapes Watermelon Diced Pears CONDIMENTS: Jalapenos	Chicken Alfredo w/Fettuccini WW Toast Bread Romaine w/Cherry Tomato Green Beans Fresh Orange Tasty Applesauce CONDIMENTS: Ranch Dressing	Chicken Noodle Soup Golden Chicken Tenders, 2 oz. Dinner Roll Romaine/Carrots Shredded Roasted Red Potatoes Fresh Apple Pineapple Tidbits CONDIMENTS: Ranch Dressing, Ketchup, Mustard, Mayo, Gravy
6	7	8	9	10
Oven Roasted Chicken Creamy Mashed Potatoes Romaine/Carrots Shredded Bread Slice Fresh Apple Peach Slices CONDIMENTS: Ranch Dressing Brown Gravy	Asian Teriyaki Bowl Buffalo Tenders 2 oz. Dinner Roll Romaine Lettuce Baby Carrots Banana Fruit Cocktail CONDIMENTS: Ketchup	Cheese Enchiladas w/Meat Sauce Spanish Rice, Pinto Beans Sweet Potato Fries Fresh Cantaloupe Watermelon Diced Pears CONDIMENTS: Jalapenos	Beef & Cheese Lasagna or Chicken Fried Steak 2 oz Dinner Roll, Green Beans Romaine w/Celery Sticks Fresh Orange Tasty Applesauce CONDIMENTS: Parmesan Cheese Ranch Dressing	Nachos Supreme Golden Chicken Tenders 2 oz Dinner Roll Steamed Corn Romaine/Tomatoes Fresh Apple, Pineapple Tidbits CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing
13	14	15	16	17
No	No	No	No	No
School	School	School	School	School
20	21	22	23	24
Oven Roasted Chicken Creamy Mashed Potatoes Romaine/Carrots Shredded Bread Slice Fresh Apple Peach Slices CONDIMENTS: Ranch Dressing Brown Gravy	Asian Teriyaki Bowl Buffalo Tenders 2 oz. Dinner Roll Romaine Lettuce Baby Carrots Banana Fruit Cocktail CONDIMENTS: Ketchup	Cheese Enchiladas w/Meat Sauce Spanish Rice, Pinto Beans Sweet Potato Fries Fresh Cantaloupe Watermelon Diced Pears CONDIMENTS: Jalapenos	Beef & Cheese Lasagna or Chicken Fried Steak 2 oz Dinner Roll, Green Beans Romaine w/Celery Sticks Fresh Orange Tasty Applesauce CONDIMENTS: Parmesan Cheese Ranch Dressing	Nachos Supreme Golden Chicken Tenders 2 oz Dinner Roll Steamed Corn Romaine/Tomatoes Fresh Apple, Pineapple Tidbits CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing
27	28	29	30	31
Meat Balls Whole Wheat Toast Bread Steamed Broccoli Romaine/Carrots Shredded Fresh Apple Peach Slices CONDIMENTS: Ranch Dressing Parmesan Cheese	Sweet & Sour Chicken or Fish Patty, Bread Slice White Steamed Rice Mixed Veggies Baby Carrots Banana Fruit Cocktail CONDIMENTS: Tartar Sauce Sweet & Sour Ranch Dressing	Crispy Tacos Romaine w/Diced Tomatoes Polish Sausage Pinto Beans, Spanish Rice Bread Slice or WW Tortilla Sweet Potato Fries Seedless Grapes Watermelon Diced Pears CONDIMENTS: Jalapenos	Chicken Alfredo w/Fettuccini WW Toast Bread Romaine w/Cherry Tomato Green Beans Fresh Orange Tasty Applesauce CONDIMENTS: Ranch Dressing	Chicken Noodle Soup Golden Chicken Tenders, 2 oz. Dinner Roll Romaine/Carrots Shredded Roasted Red Potatoes Fresh Apple Pineapple Tidbits CONDIMENTS: Ranch Dressing, Ketchup, 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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Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger Spicy Chicken Sandwich Cheese Stix Pepperoni Pizza Steamed Broccoli Romaine/Carrots Shredded Fresh Apple Peach Slices CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing	Hamburger Bean/Cheese Burrito Cheese Pizza Ham Chef Salad Mixed Veggies Baby Carrots Banana Fruit Cocktail CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing	Grilled Chicken Sandwich Ham/Cheese Sandwich Veggie Pizza Popcorn Chicken Chef Salad Pinto Beans, Sweet Potato Fries Seedless Grapes Watermelon Diced Pears Romaine w/Diced Tomatoes CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing	Spicy Chicken Sandwich Cheese Stix Pepperoni Pizza Chicken Chef Salad Green Beans Romaine/Cherry Tomato Fresh Orange Tasty Applesauce CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing	Grilled Cheese Sandwich Ham/Cheese Sandwich Turkey Corn Dog, Red Roasted Potatoes Grilled Chicken Chef Salad Romaine/Carrots Shredded Fresh Apple Pineapple Tidbits CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing
6	7	8	9	10
Hamburger Spicy Chicken Sandwich Cheese Stix Pepperoni Pizza Creamy Mashed Potatoes Romaine/Carrots Shredded Fresh Apple Peach Slices CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing. Brown Gravy	Hamburger Bean/Cheese Burrito Cheese Pizza Ham Chef Salad Romaine Lettuce Baby Carrots Banana Fruit Cocktail CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing	Grilled Chicken Sandwich Ham/Cheese Sandwich Veggie Pizza Popcorn Chicken Chef Salad Pinto Beans, Sweet Potato Fries Fresh Cantaloupe Watermelon Diced Pears CONDIMENTS: Ketchup, Mustard, Mayo	Spicy Chicken Sandwich Cheese Stix Pepperoni Pizza Chicken Chef Salad Green Beans Romaine/Cherry Tomato Fresh Orange Tasty Applesauce CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing	Grilled Cheese Sandwich Ham/Cheese Sandwich Turkey Corn Dog, Steamed Corn Grilled Chicken Chef Salad Romaine/Tomatoes Fresh Apple Pineapple Tidbits CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing
13	14	15	16	17
No	No	No	No	No
School	School	School	School	School
20	21	22	23	24
Hamburger Spicy Chicken Sandwich Cheese Stix Pepperoni Pizza Creamy Mashed Potatoes Romaine/Carrots Shredded Fresh Apple Peach Slices CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing. Brown Gravy	Hamburger Bean/Cheese Burrito Cheese Pizza Ham Chef Salad Romaine Lettuce Baby Carrots Banana Fruit Cocktail CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing	Grilled Chicken Sandwich Ham/Cheese Sandwich Veggie Pizza Popcorn Chicken Chef Salad Pinto Beans, Sweet Potato Fries Fresh Cantaloupe Watermelon Diced Pears CONDIMENTS: Ketchup, Mustard, Mayo	Spicy Chicken Sandwich Cheese Stix Pepperoni Pizza Chicken Chef Salad Green Beans Romaine/Cherry Tomato Fresh Orange Tasty Applesauce CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing	Grilled Cheese Sandwich Ham/Cheese Sandwich Turkey Corn Dog, Steamed Corn Grilled Chicken Chef Salad Romaine/Tomatoes Fresh Apple Pineapple Tidbits CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing
27	28	29	30	31
Hamburger Spicy Chicken Sandwich Cheese Stix Pepperoni Pizza Steamed Broccoli Romaine/Carrots Shredded Fresh Apple Peach Slices CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing	Hamburger Bean/Cheese Burrito Cheese Pizza Ham Chef Salad Mixed Veggies Baby Carrots Banana Fruit Cocktail CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing	Grilled Chicken Sandwich Ham/Cheese Sandwich Veggie Pizza Popcorn Chicken Chef Salad Pinto Beans, Sweet Potato Fries Seedless Grapes Watermelon Diced Pears Romaine w/Diced Tomatoes CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing	Spicy Chicken Sandwich Cheese Stix Pepperoni Pizza Chicken Chef Salad Green Beans Romaine/Cherry Tomato Fresh Orange Tasty Applesauce CONDIMENTS: Ketchup, Mustard, Mayo Ranch Dressing	Grilled Cheese Sandwich Ham/Cheese Sandwich Turkey Corn Dog, Red Roasted Potatoes Grilled Chicken Chef Salad Romaine/Carrots Shredded Fresh Apple Pineapple Tidbits CONDIMENTS: Ketchup, Mustard, Mayo 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
		1	2	3
Bacon Egg w/biscuit OR Cereal w/Toast OR Breakfast Stix (Pork/Tky/Veg) OR Double Cho. Chip Muffin Fresh Fruit (Apple) Homemade Salsa Orange Juice Milk Choice	Yogurt Parfait w/Strawberries OR Yogurt w/Graham Cracker Breakfast Pizza (Tky sausage/ch) WG Blueberry Muffin WG Fresh Fruit (Banana) Orange Juice Milk Choice	Ham Cheese Croissant OR Mini Pancakes (Maple) OR Smucker Uncrustable PB&Grape Seedless Grapes Watermelon Orange Juice Milk Choice	Barbacoa Tacos Beef Tamales OR French Toast Or Super Donut WG Graham Cracker Whole Apple/Orange Homemade Salsa Orange Juice Milk Choice	Oatmeal w/toast Potato & Egg w/Bread Slice OR Kolache (Chkn/Beef) WG Cereal w/Graham Cracker Or Pop Tarts Graham Crackers Fresh Fruit (Apple) Homemade Salsa Orange Juice Milk Choice
6	7	8	9	10
Kolache WG (Chicken/Beef) OR Biscuit & Sausage Cereal w/Graham Crackers OR Honey Bun WG Fresh Fruit (Apple) Orange Juice Milk Choice	Yogurt w/Graham Cracker Barbacoa Taco OR Breakfast Pizza (Tky sausage/Ch) OR Double Cho. Chip Muffin (WG) Fresh Fruit (Banana) Homemade Salsa Orange Juice Milk Choice	Ham Cheese Croissant OR Waffles (smucker)Maple WG OR Smucker Uncrustable, PB&Grape Fresh Cantaloupe Watermelon Orange Juice Milk Choice	Chorizo & Egg w/Toast OR Cereal w/Toast OR Morning Sausage OR Super Donut Graham Crackers Fresh Fruit (Apple/Orange) Homemade Salsa Orange Juice Milk Choice	Oatmeal w/toast Potato & Egg w/Bread Slice OR French Toast OR Cereal w/Graham Cracker Pop Tart WG Graham Crackers Fresh Fruit (Apple) Homemade Salsa Orange Juice Milk Choice
13	14	15	16	17
No	No	No	No	No
School	School	School	School	School
20	21	22	23	24
Kolache WG (Chicken/Beef) OR Biscuit & Sausage Cereal w/Graham Crackers OR Honey Bun WG Fresh Fruit (Apple) Orange Juice Milk Choice	Yogurt w/Graham Cracker Barbacoa Taco OR Breakfast Pizza (Tky sausage/Ch) OR Double Cho. Chip Muffin (WG) Fresh Fruit (Banana) Homemade Salsa Orange Juice Milk Choice	Ham Cheese Croissant OR Waffles (smucker)Maple WG OR Smucker Uncrustable, PB&Grape Fresh Cantaloupe Watermelon Orange Juice Milk Choice	Chorizo & Egg w/Toast OR Cereal w/Toast OR Morning Sausage OR Super Donut Graham Crackers Fresh Fruit (Apple/Orange) Homemade Salsa Orange Juice Milk Choice	Oatmeal w/toast Potato & Egg w/Bread Slice OR French Toast OR Cereal w/Graham Cracker Pop Tart WG Graham Crackers Fresh Fruit (Apple) Homemade Salsa Orange Juice Milk Choice
27	28	29	30	31
Bacon Egg w/biscuit OR Cereal w/Toast OR Breakfast Stix (Pork/Tky/Veg) OR Double Cho. Chip Muffin Fresh Fruit (Apple) Homemade Salsa Orange Juice Milk Choice	Yogurt Parfait w/Strawberries OR Yogurt w/Graham Cracker Breakfast Pizza (Tky sausage/ch) WG Blueberry Muffin WG Fresh Fruit (Banana) Orange Juice Milk Choice	Ham Cheese Croissant OR Mini Pancakes (Maple) OR Smucker Uncrustable PB&Grape Seedless Grapes Watermelon Orange Juice Milk Choice	Barbacoa Tacos Beef Tamales OR French Toast Or Super Donut WG Graham Cracker Whole Apple/Orange Homemade Salsa Orange Juice Milk Choice	Oatmeal w/toast Potato & Egg w/Bread Slice OR Kolache (Chkn/Beef) WG Cereal w/Graham Cracker Or Pop Tarts Graham Crackers Fresh Fruit (Apple) Homemade Salsa Orange Juice 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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