

Monday

Corn Dog **3**
 French Fries
 OR
 Tator Tots 1/2
 Mexican Beans 1/4-1/2
 Fruit Mix 1/2

Tuesday

Meatballs in Gravy **4**
 Whole Grain Brown Rice 1/2-1
 Buttered Carrots 1/2
 Green Beans 1/4-1/2
 Seasonal Fresh Fruit 1/2

Wednesday

Chicken Nuggets **5**
 Macaroni & Cheese 1/2
 Cherry/Grape Tomatoes 1/4-1/2
 Cucumber Slices 1/2
 Red Bell Peppers 1/4 (HS)
 Ranch Dipping Sauce
 Pear Slices 1/2

Thursday

Baked Chicken, Gravy **6**
 Whole Grain Brown Rice 1/2-1 C.
 Broccoli 1/4-1/2
 Navy or Lima Beans 1/2
 Fruit Choice 1/2

Friday

Salisbury Steak, Gravy **7**
 Creamy Potatoes 1/2
 Mustard Greens 1/4-1/2
 Peach Slices 1/2
 Whole Grain Yeast Roll

10
INSERVICE DAY

Fiesta Soft Tacos **11**
 (GB/FC/Cheese/JP/SC)
 Pinto Beans 1/2
 Sweet Kernel Corn 1/4-1/2
 Fruit Choice 1/2

Macaroni Chili Skillet (Chili Mac) **12**
 Green Beans 1/2
 Cauliflower w/Cheese Sauce 1/4-1/2
 Pineapple Tidbits 1/2
 Frito Chips (1 oz.)

Pork Leg Roast, Gravy **13**
 Whole Grain Brown Rice 1/2
 Red Beans 1/2
 Mustard Greens 1/4-1/2
 Applesauce 1/2
 Cornbread Square (2 oz.)

Grilled Cheese Melt **14**
OR
 Ham & Cheese on HB Bun
 Tomato Basil Soup 1/2
OR
 Fresh Baby Carrots 1/2
 Broccoli 1/4-1/2

Italian Spaghetti Sauce **17**
 Whole Grain Spaghetti
 Green Beans 1/2
 Cherry/Grape Tomatoes 1/4-1/2
 Cantaloupe OR Fresh Fruit 1/2
 Whole Grain Yeast Roll (2 oz.)

Crispy Chicken Patty **18**
 Whole Grain Hamburger Bun
 Sweet Potato Fries 1/2
 Cucumber Slices 1/4-1/2
 Ranch Dipping Sauce
 Orange Smiles 1/2

Chicken Stew **19**
 Whole Grain Brown Rice 1/2-1 C.
 Black Eye Peas 1/2
 Fresh Baby Carrots 1/4-1/2
 Fruit Mix 1/2

Beef Fingers **20**
 Creamy Potatoes 1/2
 Fresh Broccoli Florets 1/4-1/2
 Fruit Choice
OR
 Apple Wedges 1/2
 Whole Grain Yeast Roll (2 oz.)

Chicken Fajita Tacos **21**
 Whole Kernel Corn 1/2
 Broccoli w/Cheese Sauce 1/4-1/2
 Pear Slices 1/2

Beefy Nachos Grande **24**
 (GB/Cheese/SC/JP)
 Tortilla Chips 1-2 oz.
 Pinto Beans 1/2
 Sweet Kernel Corn 1/4-1/2
 Applesauce 1/2

Hamburger **25**
 Whole Grain Hamburger Bun
 Tomato Slices 1/4-1/2
 French Fries 1/2
 Fresh Seasonal Fruit 1/2

Cheesy Chicken Pasta **26**
 Buttered Carrots 1/2
 Cucumber Slices 1/4-1/2
 Peach Slices 1/2
 Whole Grain Yeast Roll (2 oz)

Turkey Roast, Gravy **27**
OR
 Ham
 Whole Grain Brown Rice 1/2-1
 Green Beans 1/2
 Sweet Potato Crunch 1/4-1/2
 Fruit Mix 1/2

Cheese Pizza **28**
 Fresh Broccoli Florets 1/2
 Fresh Cauliflower Florets 1/4-1/2
 Ranch Dipping Sauce
 Pineapple Tidbits 1/2

