

Breakfast K-12

JANUARY 2026

| MON | TUE | WED | THU | FRI |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| | | | 1 | 2 |
| 5 Reduced Sugar Trix Cereal w/ Graham Crackers Diced Peaches & Grape Juice | 6 Whole-Wheat Bagel w/ Cream Cheese or Cinnamon Bun Fresh Apple & Orange Tangerine Juice | 7 Chocolate Chip Muffin or Waffles w/ Syrup Fresh Pear & Very Berry Juice | 8 Strawberry Banana Yogurt w/ Graham Crackers (V) Fresh Apple & Diced Pineapple or Turkey Sausage, Egg, & Cheese Burrito Fresh Apple & Mixed Fruit Cup | 9 Cinnamon Crisp Bar Raisins & Grape Juice |
| 12 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce | 13 Strawberry Banana Yogurt w/ Graham Crackers Fresh Apple & Pineapple Cup or Pancakes w/ Syrup Fresh Apple & Fruit Punch Juice | 14 Cinnamon Raisin Bagel w/ Butter (V) or Turkey Sausage Breakfast Pizza Diced Peaches & Grape Juice | 15 Honey Cheerios w/ Graham Crackers or Cheesy Biscuit Fresh Apple & Orange Tangerine Juice | 16 Blueberry Muffin Fresh Orange & Very Berry Juice |
| 19 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce | 20 Strawberry Banana Yogurt w/ Graham Crackers Fresh Apple & Diced Pineapple or Apple Frudel Fresh Apple & Diced Peaches | 21 NEW! Apple Muffin (V) Raisins & Grape Juice or Turkey Sausage, Egg, & Cheese Burrito Mixed Fruit Cup & Fruit Punch Juice | 22 Plain Bagel w/ Cream Cheese or Dutch Waffle Fresh Apple & Orange Tangerine Juice | 23 NEW! Apple Cinnamon Cheerios Fresh Pear & Very Berry Juice |
| 26 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce | 27 Strawberry Banana Yogurt w/ Graham Crackers Fresh Apple & Diced Pineapple or French Toast w/ Syrup Fresh Apple & Fruit Punch Juice | 28 Cinnamon Raisin Bagel w/ Butter or Cheesy Biscuit Diced Peaches & Grape Juice | 29 Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers (V) or Turkey Sausage Griddle Sandwich Fresh Apple & Orange Tangerine Juice | 30 Cherry Cocoa Bar Fresh Pear & Very Berry Juice |

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component
Planned Daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".



Lunch Pre-K

JANUARY 2026

| MON | TUE | WED | THU | FRI |
|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| 5 NEW! Honey Mustard Chicken w/ Green Beans Whole-Wheat Bread Slice or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple | 6 Salisbury Steak w/ Gravy & Roasted Potatoes Whole-Wheat Bread Slice or Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Pear | 7 Chicken Tenders w/ Ketchup & Corn or Spanish Rice & Beans w/ Plantain (V) Fresh Apple | 8 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Banana | 9 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple |
| 12 BBQ Chicken w/ Sweet Mashed Potatoes or Penne Pasta w/ Chickpeas in Tomato Sauce (V) Fresh Apple | 13 Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll or Spanish Rice & Beans w/ Plantain (V) Fresh Pear | 14 Adobo Chicken w/ Cilantro Brown Rice or Falafel Bites (V) Whole-Wheat Bread Slice Corn Fresh Apple | 15 Beef Burger w/ Ketchup & Green Beans or Cheese Ravioli in Tomato Sauce w/ Italian Vegetables Fresh Banana | 16 Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple |
| 19 20 Chicken Tenders w/ Ketchup & Corn or Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Pear | 21 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple | 22 Chicken Parmesan w/ Green Beans or Spanish Rice & Beans w/ Plantain (V) Fresh Banana | 23 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple | 26 Breaded Chicken Bites w/ Ketchup or Penne Pasta w/ Chickpeas in Tomato Sauce (V) Fresh Apple |
| 27 Cheese Raviolis w/ Tomato Sauce (V) Italian Vegetables Fresh Pear | 28 Meatloaf w/ Gravy & Mashed Potatoes or Falafel Bites w/ Corn (V) Whole-Wheat Bread Slice Fresh Apple | 29 Chicken Alfredo Pasta or Home-Style Macaroni & Cheese (V) Broccoli Fresh Banana | 30 Spanish Rice & Beans (V) Plantain Fresh Apple | 2 |

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
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Milk Choices

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Lunch Pre-K

Cold Wednesdays

JANUARY 2026

| MON | TUE | WED | THU | FRI |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| | | | 1 | 2 |
| 5 NEW! Honey Mustard Chicken w/ Green Beans Whole-Wheat Bread Slice or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple | 6 Salisbury Steak w/ Gravy & Roasted Potatoes Whole-Wheat Bread Slice or Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Pear | 7 Chicken Salad Flatbread Sandwich or American Cheese Sandwich (V) Cole Slaw Fresh Apple | 8 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Banana | 9 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple |
| 12 BBQ Chicken w/ Sweet Mashed Potatoes or Penne Pasta w/ Chickpeas in Tomato Sauce (V) Fresh Apple | 13 Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll or Spanish Rice & Beans w/ Plantain (V) Fresh Pear | 14 Turkey Bologna & Cheese Sandwich or Sunbutter & Sandwich w/ String Cheese (V) Siled Salad w/ Ranch Dressing Fresh Apple | 15 Beef Burger w/ Ketchup & Green Beans or Cheese Ravioli in Tomato Sauce w/ Italian Vegetables Fresh Banana | 16 Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple |
| 19 | 20 Chicken Tenders w/ Ketchup & Corn or Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Pear | 21 Turkey & Cheese Sandwich or American Cheese Sandwich (V) Cole Slaw Fresh Apple | 22 Chicken Parmesan w/ Green Beans or Spanish Rice & Beans w/ Plantain (V) Fresh Banana | 23 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple |
| 26 Breaded Chicken Bites w/ Ketchup or Penne Pasta w/ Chickpeas in Tomato Sauce (V) Fresh Apple | 27 Cheese Raviolis w/ Tomato Sauce (V) Italian Vegetables Fresh Pear | 28 Hero (Turkey, Turkey Ham & Cheese) Sandwich or Sunbutter & Jelly Sandwich w/ String Cheese (V) Side Salad w/ Ranch Dressing Fresh Apple | 29 Chicken Alfredo Pasta or Home-Style Macaroni & Cheese (V) Broccoli Fresh Banana | 30 Spanish Rice & Beans (V) Plantain Fresh Apple |

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- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Milk Choices

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Lunch K-8

JANUARY 2026

| MON | TUE | WED | THU | FRI |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 5 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Apple | 6 Beef Cheeseburger w/ Ketchup or Bean & Cheese Burrito (V) Street Corn Fresh Pear | 7 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes (V) Fresh Apple | 8 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin or Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V) Fresh Banana | 9 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple |
| 12 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple | 13 Salisbury Steak w/ Gravy & Mashed Potatoes or Vegetarian Chili w/ Corn (V) Whole-Grain Bread Fresh Orange | 14 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple | 15 Turkey Hot dog w/ ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Sweet Potatoes Fresh Banana | 16 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Celery Sticks w/ Ranch Dressing Fresh Apple |
| 19 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Applesauce | 20 Turkey Chili w/ Brown Rice & Steamed Carrots or Cheese Lasagna w/ Tomato Sauce & Green Beans Fresh Apple | 21 Breaded Chicken Sandwich w/ Hot Sauce or Cheese Quesadilla w/ Taco Sauce (V) Side Salad w/ Ranch Dressing Fresh Banana | 22 Side Salad w/ Ranch Dressing Fresh Banana | 23 Turkey Ham & Cheese Sandwich w/ Mustard or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple |
| 26 Adobo Chicken w/ Brown Rice & Corn or Veggie Burger w/ Mayo & Roasted Potatoes (V) Fresh Apple | 27 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Orange | 28 BBQ Meatballs w/ Broccoli Whole-Grain Club Roll or Cobb Salad w/ Ranch Dressing & Corn Muffin Fresh Apple | 29 Chicken Dumplings w/ Vegetable Medley or NEW! Stir "Fried" Rice w/ Egg & Vegetables (V) Fresh Banana | 30 Chicken Salad Ciabatta Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple |

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Lunch K-8

Cold Wednesdays

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| MON | TUE | WED | THU | FRI |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1 | 2 |
| 5 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Apple | 6 Beef Cheeseburger w/ Ketchup or Bean & Cheese Burrito (V) Street Corn Fresh Pear | 7 Chicken Salad Flatbread Sandwich or American Cheese Sandwich (V) Baby Carrots w/ Hummus Fresh Apple | 8 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin or Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V) Fresh Banana | 9 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple |
| 12 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple | 13 Salisbury Steak w/ Gravy & Mashed Potatoes or Vegetarian Chili w/ Corn (V) Whole-Grain Bread Fresh Orange | 14 Turkey Bologna & Cheese Sandwich or Sunbutter & Jelly Sandwich w/ String Cheese (V) Side Salad w/ Ranch Dressing Fresh Apple | 15 Turkey Hot dog w/ ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Sweet Potatoes Fresh Banana | 16 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Celery Sticks w/ Ranch Dressing Fresh Apple |
| 19 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Applesauce | 20 Turkey & Cheese Sandwich or American Cheese Sandwich (V) Cole Slaw Fresh Apple | 21 Breaded Chicken Sandwich w/ Hot Sauce or Cheese Quesadilla w/ Taco Sauce (V) Side Salad w/ Ranch Dressing Fresh Banana | 22 Turkey Ham & Cheese Sandwich w/ Mustard or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple | 23 Chicken Dumplings w/ Vegetable Medley or NEW! Stir "Fried" Rice w/ Egg & Vegetables (V) Fresh Banana |
| 26 Adobo Chicken w/ Brown Rice & Corn or Veggie Burger w/ Mayo & Roasted Potatoes (V) Fresh Apple | 27 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Orange | 28 Hero (Turkey, Turkey Ham & Cheese) Sandwich or Sunbutter & Jelly Sandwich w/ String Cheese (V) Side Salad w/ Ranch Dressing Fresh Apple | 29 Baby Carrots w/ Ranch Dressing Fresh Apple | 30 Chicken Salad Ciabatta Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple |

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Lunch K-8

Cold Fridays

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MON

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WED

THU

FRI

| | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1 | 2 |
| 5 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Apple | 6 Beef Cheeseburger w/ Ketchup or Bean & Cheese Burrito (V) Street Corn Fresh Pear | 7 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes (V) Fresh Apple | 8 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin or Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V) Fresh Banana | 9 Chicken Breast Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple |
| 12 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple | 13 Salisbury Steak w/ Gravy & Mashed Potatoes or Vegetarian Chili w/ Corn (V) Whole-Grain Bread Fresh Orange | 14 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple | 15 Turkey Hot dog w/ ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Sweet Potatoes Fresh Banana | 16 Turkey & Cheese Sandwich w/ Mayo or Sunbutter & Jelly Sandwich w/ String Cheese (V) Celery Sticks w/ Ranch Dressing Fresh Apple |
| 19 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Applesauce | 20 Turkey Chili w/ Brown Rice & Steamed Carrots or Cheese Lasagna w/ Tomato Sauce & Green Beans Fresh Apple | 21 Breaded Chicken Sandwich w/ Hot Sauce or Cheese Quesadilla w/ Taco Sauce (V) Side Salad w/ Ranch Dressing Fresh Banana | 22 Cheese Quesadilla w/ Taco Sauce (V) Side Salad w/ Ranch Dressing Fresh Banana | 23 Turkey Ham & Cheese Sandwich w/ Mustard or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple |
| 26 Adobo Chicken w/ Brown Rice & Corn or Veggie Burger w/ Mayo & Roasted Potatoes (V) Fresh Apple | 27 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Orange | 28 BBQ Meatballs w/ Broccoli Whole-Grain Club Roll or Cobb Salad w/ Ranch Dressing & Corn Muffin Fresh Apple | 29 Chicken Dumplings w/ Vegetable Medley or NEW! Stir "Fried" Rice w/ Egg & Vegetables (V) Fresh Banana | 30 Chicken Salad Ciabatta Sandwich or Sunbutter & Jelly Sandwich w/ String Cheese (V) Baby Carrots w/ Ranch Dressing Fresh Apple |

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Lunch 9-12

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1 | 2 |
| 5 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Apple & Raisins | 6 Beef Cheeseburger w/ Ketchup or Bean & Cheese Burrito (V) Street Corn Fresh Pear & Diced Peaches | 7 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes (V) Fresh Apple & Mixed Fruit Cup | 8 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin or Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V) Fresh Banana & Diced Pears | 9 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Diced Pineapple |
| 12 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple & Diced Peaches | 13 Salisbury Steak w/ Gravy & Mashed Potatoes or Vegetarian Chili w/ Corn (V) Whole -Grain Bread Fresh Orange & Diced Pineapple | 14 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple & Fresh Banana | 15 Turkey Hot dog w/ ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Sweet Potatoes Fresh Banana & Mixed Fruit Cup | 16 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Celery Sticks w/ Ranch Dressing Fresh Apple & Raisins |
| 19 | 20 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Applesauce & Raisins | 21 Turkey Chili w/ Brown Rice & Steamed Carrots or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple & Diced Peaches | 22 Breaded Chicken Sandwich w/ Hot Sauce or Cheese Quesadilla w/ Taco Sauce (V) Side Salad w/ Ranch Dressing Fresh Banana & Fresh Pear | 23 Turkey Ham & Cheese Sandwich w/ Mustard or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Diced Peaches |
| 26 Adobo Chicken w/ Brown Rice & Corn or Veggie Burger w/ Mayo & Roasted Potatoes (V) Fresh Apple & Diced Pineapple | 27 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Orange & Diced Peaches | 28 BBQ Meatballs w/ Broccoli Whole-Grain Club Roll or Cobb Salad w/ Ranch Dressing & Corn Muffin Fresh Apple & Fresh Banana | 29 Chicken Dumplings w/ Vegetable Medley or NEW! Stir "Fried" Rice w/ Egg & Vegetables (V) Fresh Banana & Mixed Fruit Cup | 30 Chicken Salad Ciabatta Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins |

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Lunch 9-12

Cold Fridays

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1 | 2 |
| 5 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Apple & Raisins | 6 Beef Cheeseburger w/ Ketchup or Bean & Cheese Burrito (V) Street Corn Fresh Pear & Diced Peaches | 7 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes (V) Fresh Apple & Mixed Fruit Cup | 8 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin or Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V) Fresh Banana & Diced Pears | 9 Chicken Breast Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Diced Pineapple |
| 12 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple & Diced Peaches | 13 Salisbury Steak w/ Gravy & Mashed Potatoes or Vegetarian Chili w/ Corn (V) Whole -Grain Bread Fresh Orange & Diced Pineapple | 14 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple & Fresh Banana | 15 Turkey Hot dog w/ ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Sweet Potatoes Fresh Banana & Mixed Fruit Cup | 16 Turkey & Cheese Sandwich w/ Mayo or Cheese Sandwich (V) Celery Sticks w/ Ranch Dressing Fresh Apple & Raisins |
| 19 | 20 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Applesauce & Raisins | 21 Turkey Chili w/ Brown Rice & Steamed Carrots or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple & Diced Peaches | 22 Breaded Chicken Sandwich w/ Hot Sauce or Cheese Quesadilla w/ Taco Sauce (V) Side Salad w/ Ranch Dressing Fresh Banana & Fresh Pear | 23 Turkey Ham & Cheese Sandwich w/ Mustard or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Diced Peaches |
| 26 Adobo Chicken w/ Brown Rice & Corn or Veggie Burger w/ Mayo & Roasted Potatoes (V) Fresh Apple & Diced Pineapple | 27 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Orange & Diced Peaches | 28 BBQ Meatballs w/ Broccoli Whole-Grain Club Roll or Cobb Salad w/ Ranch Dressing & Corn Muffin Fresh Apple & Fresh Banana | 29 Chicken Dumplings w/ Vegetable Medley or NEW! Stir "Fried" Rice w/ Egg & Vegetables (V) Fresh Banana & Mixed Fruit Cup | 30 Chicken Salad Ciabatta Sandwich or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins |

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