

# Breakfast K-12

MARCH 2026

MON	TUE	WED	THU	FRI
2 Reduced Sugar Trix Cereal w/ Graham Crackers Diced Peaches & 100% Grape Juice	3 Whole-Wheat Bagel w/ Cream Cheese <b>or</b> Cinnamon Bun <b>Fresh Apple</b> Orange Tangerine Juice	5 Chocolate Chip Muffin <b>or</b> Whole-Grain Waffles w/ Syrup Fresh Pear & 100% Very Berry Juice	5 Strawberry Banana Yogurt w/ Graham Crackers (V) <b>Fresh Apple</b> & Diced Pineapple <b>or</b> Southwest Egg, & Cheese Burrito <b>Fresh Apple</b> & Fruit Punch Juice	6 Cinnamon Crisp Bar Raisins & 100% Grape Juice
9 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	10 Strawberry Banana Yogurt w/ Graham Crackers <b>Fresh Apple</b> & Pineapple Cup <b>or</b> Pancakes w/ Syrup <b>Fresh Apple</b> & Fruit Punch Juice	11 Cinnamon Raisin Bagel w/ Butter (V) <b>or</b> Turkey Sausage Breakfast Pizza Diced Peaches & 100% Grape Juice	12 Honey Cheerios w/ Graham Crackers <b>or</b> Cheesy Biscuit <b>Fresh Apple</b> & Orange Tangerine Juice	13 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
16 Whole-Grain Frosted Corn Flakes w/Graham Crackers Diced Peaches & 100% Grape Juice	17 Plain Bagel w/ Cream Cheese <b>or</b> Southwest Egg, & Cheese Burrito <b>Fresh Apple</b> & Orange Tangerine Juice	18 Apple Muffin <b>or</b> Apple Frudel 100% Grape Juice & Raisins	19 Strawberry Banana Yogurt w/ Graham Crackers <b>Fresh Apple</b> & Diced Pineapple <b>or</b> Dutch Waffles w/ Syrup <b>Fresh Apple</b> & 100% Fruit Juice	20 Apple Cinnamon Cheerios w/ Graham Crackers Fresh Pear & 100% Very Berry Juice
23 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	24 Strawberry Banana Yogurt w/ Graham Crackers <b>Fresh Apple</b> & Diced Pineapple <b>or</b> French Toast w/ Syrup <b>Fresh Apple</b> & Fruit Punch Juice	25 Cinnamon Raisin Bagel w/ Butter <b>or</b> Cheesy Biscuit Diced Peaches & 100% Grape Juice	26 Cinnamon Toast Crunch w/ Graham Crackers <b>or</b> Turkey Sausage McGriddle w/ Syrup <b>Fresh Apple</b> & 100% Orange Tangerine Juice	27 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice
30 Reduced Sugar Trix Cereal w/ Graham Crackers Diced Peaches & 100% Grape Juice	31 Whole-Wheat Bagel w/ Cream Cheese <b>or</b> Cinnamon Bun <b>Fresh Apple</b> Orange Tangerine 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

**LocallyGrown Component**

**Planned Daily.**

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".



# Lunch Pre-K

MARCH 2026

MON	TUE	WED	THU	FRI
2 General Tso's Chicken w/ Brown Rice & Broccoli <b>or</b> Pasta w/ Chickpeas with Broccoli in Tomato Sauce (V)  Fresh Apple	3 Beef Burger on Whole-Grain Bun w/ Ketchup & Green Beans <b>or</b> Vegetarian Chili w/ Brown Rice Pilaf & Green Beans (V)  Fresh Pear	5 Breaded Chicken Tenders w/ Ketchup & Corn <b>or</b> Spanish Rice & Beans w/ Plantain (V)  Fresh Apple	5 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables  Fresh Banana	6 Cheese Pizza (V) Garden Salad w/ Ranch Dressing  Fresh Apple
9 Breaded BBQ Chicken & Sweet Mashed Potatoes <b>or</b> Cheese Ravioli w/ Tomato Sauce & Italian Vegetables  Fresh Apple	10 Salisbury Steak w/ Roasted Potatoes <b>or</b> Falafel Bites w/ Whole Wheat Bread Slice & Corn (V)  Mixed Fruit Cup	11 Home-Style Macaroni & Cheese (V)  Broccoli Fresh Apple	12 <b>NEW!</b> Honey Mustard Chicken w/ Green Beans Whole-Grain Dinner Roll <b>or</b> Vegetarian Chili w/ Brown Rice & Green Beans  Fresh Banana	13 Spanish Rice & Beans w/ Plantain (V)  Fresh Apple
16 Breaded Chicken Tenders w/ Ketchup & Corn <b>or</b> Pasta w/ Chickpeas with Broccoli in Tomato Sauce (V)  Fresh Apple	17 Spaghetti w/ Beef Meat Sauce & Green Beans <b>or</b> Penne w/ Cheese & Italian Vegetables (V)  Fresh Pear	18 Breaded Chicken Bites w/ Roasted Potatoes & Ketchup <b>or</b> Spanish Rice & Beans w/ Plantain (V)  Fresh Apple	19 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V)  Fresh Banana Breaded Chicken	20 Cheese Pizza (V) Garden Salad w/ Ranch Dressing  Fresh Apple
23 Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Vegetarian Chili w/ Brown Rice Pilaf & Green Beans (V)  Fresh Apple	24 Chicken Alfredo Penne Pasta w/ Broccoli <b>or</b> Cheese Ravioli in Tomato Sauce w/ Italian Vegetables  Mixed Fruit Cup	25 Meatloaf w/ Gravy & Mashed Potatoes <b>or</b> Falafel Bites w/ Whole Wheat Bread Slice & Corn (V)  Fresh Apple	26 Breaded Chicken Parmesan w/ Green Beans <b>or</b> Spanish Rice & Beans w/ Plantain (V)  Fresh Banana	27 Home-Style Macaroni & Cheese (V) Broccoli  Fresh Apple
30 General Tso's Chicken w/ Brown Rice & Broccoli <b>or</b> Pasta w/ Chickpeas with Broccoli in Tomato Sauce (V)  Fresh Apple	31 Beef Burger w/ Ketchup & Green Beans <b>or</b> Vegetarian Chili w/ Brown Rice Pilaf & Green Beans (V)  Fresh Pear			

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# Lunch Pre-K

## Cold Wednesdays

MARCH 2026

MON	TUE	WED	THU	FRI
2 General Tso's Chicken w/ Brown Rice & Broccoli or Pasta w/ Chickpeas with Broccoli in Tomato Sauce (V)  Fresh Apple	3 Beef Burger w/ Ketchup & Green Beans or Vegetarian Chili w/ Brown Rice Pilaf & Green Beans (V)  Fresh Pear	5 Chicken Salad Flatbread Sandwich or American Cheese Sandwich (V)  Cole Slaw Fresh Apple	5 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables  Fresh Banana	6 Cheese Pizza (V) Garden Salad w/ Ranch Dressing  Fresh Apple
9 Breaded BBQ Chicken & Sweet Mashed Potatoes or Cheese Ravioli w/ Tomato Sauce & Italian Vegetables (V)  Fresh Apple	10 Salisbury Steak w/ Roasted Potatoes or Falafel Bites w/ Whole Wheat Bread Slice & Corn (V)  Mixed Fruit Cup	11 Turkey Bologna & Cheese Sandwich w/ Mustard or Sunbutter & Sandwich w/ String Cheese (V) Side Salad w/ Ranch Dressing  Fresh Apple	12 NEW! Honey Mustard Chicken w/ Green Beans Whole-Grain Dinner Roll or Vegetarian Chili w/ Brown Rice & Green Beans  Fresh Banana	13 Spanish Rice & Beans w/ Plantain (V)  Fresh Apple
16 Breaded Chicken Tenders w/ Ketchup & Corn or Pasta w/ Chickpeas with Broccoli in Tomato Sauce (V)  Fresh Apple	17 Penne w/ Beef Meat Sauce & Green Beans or Penne w/ Cheese & Chickpeas (V)  Fresh Pear	18 Turkey & Cheese Sandwich w/ Mayo or American Cheese Sandwich (V)  Cole Slaw Fresh Apple	19 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V)  Fresh Banana	20 Cheese Pizza (V) Garden Salad w/ Ranch Dressing  Fresh Apple
23 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Vegetarian Chili w/ Brown Rice Pilaf & Green Beans (V)  Fresh Apple	24 Chicken Alfredo Penne Pasta w/ Broccoli or Cheese Ravioli in Tomato Sauce w/ Italian Vegetables (V)  Mixed Fruit Cup	25 Hero (Turkey, Turkey Ham & Cheese) Sandwich w/ Mustard or Sunbutter & Jelly Sandwich w/ String Cheese (V) Side Salad w/ Ranch Dressing  Fresh Apple	26 Breaded Chicken Parmesan w/ Green Beans or Spanish Rice & Beans w/ Plantain (V)  Fresh Banana	27 Home-Style Macaroni & Cheese (V) Broccoli  Fresh Apple
30 General Tso's Chicken w/ Brown Rice & Broccoli or Pasta w/ Chickpeas with Broccoli in Tomato Sauce (V)  Fresh Apple	31 Beef Burger w/ Ketchup & Green Beans or Vegetarian Chili w/ Brown Rice Pilaf & Green Beans (V)  Fresh Pear			

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# Lunch K-8

MARCH 2026

MON	TUE	WED	THU	FRI
2 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  Fresh Apple	3 Cheeseburger Calzone w/ Ketchup or Bean & Cheese Burrito w/ Tater Tots (V)  Fresh Pear	5 Chicken Nuggets w/ BBQ Sauce & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes (V)  Fresh Apple	5 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin or Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V)  Fresh Banana	6 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple
9 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V)  Fresh Apple	10 Salisbury Steak w/ Gravy Mashed Potatoes & Whole-Grain Bun or Vegetarian Chili w/ Corn (V) Whole-Grain Bread  Fresh Orange	11 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V)  Fresh Apple	12 Turkey Hot Dog w/ Ketchup & Whole Wheat Bun or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Sweet Potatoes Fresh Banana	13 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Celery Sticks w/ Ranch Dressing  Fresh Apple
16 Breaded Chicken Tenders w/ Roasted Potatoes w/ Ketchup or Cheese Quesadilla w/ Corn & Taco Sauce (V)  Fresh Apple	17 Spaghetti & Beef Meatballs in Tomato Sauce or Pasta w/ Tomato Sauce & Mozzarella Cheese (V)  Broccoli Fresh Pear	18 Turkey Chili w/ Brown Rice & Steamed Carrots or Cheese Lasagna w/ Tomato Sauce & Green Beans (V)  Fresh Apple	19 Breaded Chicken Patty on Wheat Bun w/ BBQ Sauce or Veggie Burger (V) on Wheat Bun w/ Baked Beans  Fresh Banana	20 Turkey Ham & Cheese Sandwich w/ Mustard or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple
23 Adobo Chicken w/ Cilantro Brown Rice & Corn or Protein Alfredo Penne Pasta w/ Green Peas & Whole-Grain Bun (V)  Fresh Apple	24 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V)  Fresh Orange	25 BBQ Meatballs w/ Broccoli & Whole-Grain Club Roll or Cobb Salad w/ Ranch Dressing & Corn Muffin (V)  Fresh Apple	26 Chicken Dumplings w/ Vegetable Medley or NEW! Stir "Fried" Rice w/ Egg & Vegetables (V)  Fresh Banana	27 Chicken Salad Ciabatta Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple
30 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  Fresh Apple	31 Cheeseburger Calzone w/ Ketchup or Bean & Cheese Burrito w/ Tater Tots (V)  Fresh Pear			

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- ✓ Meats are lean and cheeses are low-fat
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# Lunch K-8

## Cold Wednesdays

MARCH 2026

MON	TUE	WED	THU	FRI
2 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  Fresh Apple	3 Cheeseburger Calzone w/ Ketchup or Bean & Cheese Burrito w/ Tater Tots (V)  Fresh Pear	5 Chicken Salad Flatbread Sandwich or American Cheese Sandwich (V) Baby Carrots w/ Hummus  Fresh Apple	5 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin or Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V)  Fresh Banana	6 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple
9 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V)  Fresh Apple	10 Salisbury Steak w/ Gravy & Mashed Potatoes or Vegetarian Chili w/ Corn (V) Whole-Grain Bread  Fresh Orange	11 Turkey Bologna & Cheese Sandwich w/ Mustard or Sunbutter & Jelly Sandwich w/ String Cheese (V) Side Salad w/ Ranch Dressing  Fresh Apple	12 Turkey Hot Dog w/ Ketchup & Whole Wheat Bun or Egg & Cheese Sandwich w/ Ketchup (V)  Roasted Sweet Potatoes Fresh Banana	13 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Celery Sticks w/ Ranch Dressing  Fresh Apple
16 Breaded Chicken Tenders w/ Roasted Potatoes w/ Ketchup or Cheese Quesadilla w/ Corn & Taco Sauce (V)  Fresh Apple	17 Spaghetti & Beef Meatballs in Tomato Sauce or Pasta w/ Tomato Sauce & Mozzarella Cheese (V)  Broccoli Fresh Pear	18 Turkey & Cheese Sandwich w/ Mayo or American Cheese Sandwich (V)  Cole Slaw Fresh Apple	19 Breaded Chicken Patty on Wheat Bun w/BBQ Sauce or Veggie Burger (V) on Wheat Bun w/ Baked Beans  Fresh Banana	20 Turkey Ham & Cheese Sandwich w/ Mustard or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple
23 Adobo Chicken w/ Cilantro Brown Rice & Corn or Protein Alfredo Penne Pasta w/ Green Peas & Whole-Grain Bun (V)  Fresh Apple	24 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V)  Fresh Orange	25 Hero (Turkey, Turkey Ham & Cheese) Sandwich or Sunbutter & Jelly Sandwich w/ String Cheese (V) Side Salad w/ Ranch Dressing  Fresh Apple	26 Chicken Dumplings w/ Vegetable Medley or NEW! Stir "Fried" Rice w/ Egg & Vegetables (V)  Fresh Banana	27 Chicken Salad Ciabatta Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple
30 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  Fresh Apple	31 Cheeseburger Calzone w/ Ketchup or Bean & Cheese Burrito w/ Tater Tots (V)  Fresh Pear			

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# Lunch K-8

## Cold Fridays

MARCH 2026

MON	TUE	WED	THU	FRI
2 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  Fresh Apple	3 Cheeseburger Calzone w/ Ketchup or Bean & Cheese Burrito w/ Tater Tots (V)  Fresh Pear	5 Chicken Nuggets w/ BBQ Sauce & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes (V)  Fresh Apple	5 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin or Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V)  Fresh Banana	6 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple
9 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V)  Fresh Apple	10 Salisbury Steak w/ Gravy & Mashed Potatoes & Wheat Bun or Vegetarian Chili w/ Corn (V) Whole-Grain Bread  Fresh Orange	11 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V)  Fresh Apple	12 Turkey Hot Dog w/ Ketchup & Whole Wheat Bun or Egg & Cheese Sandwich w/ Ketchup (V)  Roasted Sweet Potatoes Fresh Banana	13 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Celery Sticks w/ Ranch Dressing  Fresh Apple
16 Breaded Chicken Tenders w/ Roasted Potatoes w/ Ketchup or Cheese Quesadilla w/ Corn & Taco Sauce (V)  Fresh Apple	17 Spaghetti & Beef Meatballs in Tomato Sauce or Pasta w/ Tomato Sauce & Mozzarella Cheese (V)  Broccoli Fresh Pear	18 Turkey Chili w/ Brown Rice & Steamed Carrots or Cheese Lasagna w/ Tomato Sauce & Green Beans (V)  Fresh Apple	19 Breaded Chicken Patty on Wheat Bun w/ BBQ Sauce or Veggie Burger on Wheat Bun w/ Baked Beans (V)  Fresh Banana	20 Turkey Ham & Cheese Sandwich w/ Mustard or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple
23 Adobo Chicken w/ Cilantro Brown Rice & Corn or Protein Pasta Alfredo w/ Whole-Grain Bun & Peas (V)  Fresh Apple	24 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V)  Fresh Orange	25 BBQ Beef Meatballs w/ Broccoli Whole-Grain Club Roll or Cobb Salad w/ Ranch Dressing & Corn Muffin (V)  Fresh Apple	26 Chicken Dumplings w/ Vegetable Medley or NEW! Stir "Fried" Rice w/ Egg & Vegetables (V)  Fresh Banana	27 Chicken Salad Ciabatta Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple
30 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  Fresh Apple	31 Cheeseburger Calzone w/ Ketchup or Bean & Cheese Burrito w/ Tater Tots (V)  Fresh Pear			

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# LUNCH 9-12

MARCH 2026

MON	TUE	WED	THU	FRI
2 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  Fresh Apple & Raisins	3 Cheeseburger Calzone w/ Ketchup or Bean & Cheese Burrito (V) Street Corn w/ Tater Tots  Fresh Pear & Diced Peaches	5 Chicken Nuggets w/ BBQ Sauce & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes (V)  Fresh Apple & Mixed Fruit	5 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin or Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V) Fresh Banana & Diced Pears	6 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple & Diced Pineapple
9 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V)  Fresh Apple & Diced Peaches	10 Salisbury Steak w/ Gravy Wheat Bun & Mashed Potatoes or Vegetarian Chili w/ Corn Muffin (V)  Fresh Orange & Diced Pineapple	11 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V)  Fresh Apple & Fresh Banana	12 Turkey Hot Dog w/ Ketchup & Whole Wheat Bun or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Sweet Potatoes & Coleslaw Fresh Banana & Mixed Fruit Cup	13 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots & Celery Sticks w/ Ranch Dressing  Fresh Apple & Raisins
16 Breaded Chicken Tenders w/ Dinner Roll BBQ Sauce or Cheese Quesadilla w/ Taco Sauce (V) Roasted Potatoes w/ Corn Raisins & Fresh Apple	17 Spaghetti Meatballs w/ Broccoli or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli  Fresh Pear & Diced Peaches	18 Turkey Chili w/ Brown Rice & Steamed Carrots or Home-Style Macaroni & Cheese w/ Broccoli (V)  Fresh Apple & Mixed Fruit Cup	19 Breaded Chicken on Wheat Bun or Veggie Burger w/ Mayo w/ Baked Beans & Roasted Potatoes (V)  Fresh Banana & Diced Pears	20 Turkey Ham & Cheese Sandwich w/ Mustard or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple & Diced Peaches
23 Adobo Chicken w/ Brown Rice & Corn or Protein Pasta Alfredo w/ Whole-Grain Bun & Peas (V)  Fresh Apple & Diced Pineapples	24 Turkey Hot Dog w/ Ketchup, Roasted Potatoes & Baked Beans or Spanish Rice w/ Beans & Cheese (V)  Fresh Orange & Diced Peaches	25 BBQ Meatballs w/ Broccoli Whole-Grain Club Roll or Cobb Salad w/ Ranch Dressing & Corn Muffin (V)  Fresh Apple & Fresh Banana	26 Chicken Dumplings w/ Vegetable Medley or NEW! Stir "Fried" Rice w/ Egg & Vegetables (V)  Fresh Banana & Mixed Fruit Cup	27 Chicken Salad Ciabatta Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple & Raisins
30 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  Fresh Apple & Raisins	31 Cheeseburger Calzone w/ Ketchup or Bean & Cheese Burrito (V) Street Corn w/ Tater Tots  Fresh Pear & Diced Peaches			

## DID YOU KNOW...

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# LUNCH 9-12

Cold Fridays

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2 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Apple & Raisins	3 Cheeseburger Calzone w/ Ketchup or Bean & Cheese Burrito (V) Street Corn w/ Tater Tots Fresh Pear & Diced Peaches	5 Chicken Nuggets w/ BBQ Sauce & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes (V) Fresh Apple & Mixed Fruit	5 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin or Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V) Fresh Banana & Diced Pears	6 Chicken Breast Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Diced Pineapples
9 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple & Diced Peaches	10 Salisbury Steak w/ Gravy Wheat Bun & Mashed Potatoes or Vegetarian Chili w/ Corn Muffin (V) Fresh Orange & Diced Pineapples	11 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple & Fresh Banana	12 Turkey Hot Dog or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Sweet Potatoes & Coleslaw Fresh Banana & Mixed Fruit Cup	13 Turkey & Cheese Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots & Celery Sticks w/ Ranch Dressing Fresh Apple & Raisins
16 Breaded Chicken Tenders w/ Dinner Roll BBQ Sauce or Cheese Quesadilla w/ Taco Sauce (V) Roasted Potatoes w/ Corn Raisins & Fresh Apple	17 Spaghetti Meatballs w/ Broccoli or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Pear & Diced Peaches	18 Turkey Chili w/ Brown Rice & Steamed Carrots or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple & Mixed Fruit Cup	19 Breaded Chicken on Wheat Bun or Veggie Burger (V) w/ Mayo w/ Baked Beans & Roasted Potatoes Fresh Banana & Diced Pears	20 Turkey Ham & Cheese Sandwich w/ Mustard or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Diced Pineapples
23 Adobo Chicken w/ Brown Rice & Corn or Protein Pasta Alfredo w/ Whole-Grain Bun & Peas (V) Fresh Apple & Diced Pineapples	24 Turkey Hot Dog w/ Ketchup, Roasted Potatoes & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Orange & Diced Peaches	25 BBQ Meatballs w/ Broccoli Whole-Grain Club Roll or Cobb Salad w/ Ranch Dressing & Corn Muffin (V) Fresh Apple & Fresh Banana	26 Chicken Dumplings w/ Vegetable Medley or NEW! Stir "Fried" Rice w/ Egg & Vegetables (V) Fresh Banana & Mixed Fruit Cup	27 Chicken Salad Ciabatta Sandwich or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
30 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Apple & Raisins	31 Cheeseburger Calzone w/ Ketchup or Bean & Cheese Burrito (V) Street Corn w/ Tater Tots Fresh Pear & Diced Peaches			

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