

All students are now entitled to one free breakfast and one free lunch daily.

**A meal MUST be complete to be FREE**

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

**Lunch Milk Choices**

1% Milk

Skim Chocolate Milk

**PLEASE NOTE**

- If you have food allergy please speak to your school nurse
- Menu is subject to change

Adult – \$5.46

Food Provided by:

Whitson’s Culinary Group

Mon	Tue	Wed	Thu	Fri
		1 French Toast Sticks w/ Scrambled Eggs, Syrup Roasted Sweet Potatoes Fresh Apple	2 Adobo Chicken Street Corn Fresh Banana <u>Vegetarian Meal</u> Veggie Burger Roasted Potatoes Fresh Banana	3 French Bread Pizza Fresh Celery Sticks Ranch Dressing Applesauce
6 Meatloaf w/Gravy WW Bun Mashed Potatoes Fresh Orange <u>Vegetarian Meal</u> Cheese Quesadilla w/ Sour Cream Street Corn Fresh Orange	7 BBQ Chicken w/ Brown Rice Baked Beans Fresh Pear <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Pear	8 Buffalo Chicken Melt Flatbread Fresh Celery Sticks Ranch Dressing Fresh Apple <u>Vegetarian Meal</u> Cheese Ravioli Green Beans Fresh Apple	9 Stuffed Bread Sticks Marinara Dipping Sauce 100% Sun Splash Juice Fresh Banana	10 Cheese Pizza Garden Side Salad Ranch Dressing Raisins
13 BBQ Beef Meatballs WW Club Roll Broccoli Fresh Orange <u>Vegetarian Meal</u> Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Orange	14 Chicken Tenders w/ Ketchup Roasted Potatoes Fresh Pear <u>Vegetarian Meal</u> Alfredo Pasta WW Bread Slice Peas Fresh Pear	15 Turkey Hot Dog w/ Ketchup Baked Beans Fresh Apple <u>Vegetarian Meal</u> Spanish Rice w/Cheese & Beans Fresh Apple	16 Chicken Caesar Salad Pita Bread Fresh Banana <u>Vegetarian Meal</u> Cheese Lasagna w/ Tomato Sauce Green Beans Fresh Banana	17 French Bread Pizza Baby Carrots Ranch Dressing Raisins
20 Cheese Beef Burger w/ Ketchup Roasted Potatoes Fresh Orange <u>Vegetarian Meal</u> Egg & Cheese Sandwich w/ Ketchup Roasted Potatoes Fresh Orange	21 Turkey Salsa Bowl Fresh Pear <u>Vegetarian Meal</u> Latin Bean Melt Flatbread Italian White Beans Fresh Pear	22 Beef Meatballs w/Tomato Sauce & Parmesan Cheese Broccoli Fresh Apple <u>Vegetarian Meal</u> Veggie Burger w/ Ketchup Garden Salad w/ Ranch Dressing Fresh Apple	23 Crispy Cheesy Chicken Biscuit Sandwich Fresh Celery Sticks Ranch Dressing Fresh Banana <u>Vegetarian Meal</u> Cobb Salad Pita Bread Fresh Banana	24 Cheese Pizza Baby Carrots Ranch Dressing Raisins
27 MEMORIAL DAY SCHOOL CLOSED	28 Homemade Macaroni & Cheese Broccoli Fresh Pear	29 French Toast Sticks w/ Scrambled Eggs, Syrup Roasted Sweet Potatoes Fresh Apple	30 Adobo Chicken Street Corn Fresh Banana <u>Vegetarian Meal</u> Veggie Burger Roasted Potatoes Fresh Banana	31 French Bread Cheese Pizza Fresh Celery Sticks Ranch Dressing Applesauce