


Monday
Tuesday
Wednesday
Thursday
Friday

NO SCHOOL
5

Sloppy Joes
Whole Grain Bun*
¾ Cup Corn
Fruit Cocktail

6

Alt Cold: Ham & Cheese Sandwich

Hamburger
Whole Grain Bun*
½ Cup Baked Beans
¼ Cup Mixed Vegetables
Apple

7

Alt Cold: Chef Salad

Pizza Hut Cheese Pizza Slice
on Whole Grain Crust*
½ Cup Broccoli
Banana

1

Alt Cold: Turkey & Cheese Sandwich

Cheese Quesadilla
Whole Grain Tortilla*
¾ Cup Carrots
Pineapple

2

Alt Cold: Ham & Cheese Sandwich

Chicken Patty
Whole Grain Bun*
½ Cup Broccoli
¼ Cup Cherry Tomatoes
Cantaloupe

9

Alt Cold: Ham & Cheese Sandwich

BBQ Chicken
Whole Grain Bun*
½ Cup Baked Beans,
¼ Peas
Peaches

12

Alt Cold: Turkey & Cheese Sandwich

Salisbury Steak
Whole Grain Bread*
½ Cup Mashed Potatoes
¼ Cup Cherry Tomatoes
Apple Sauce

13

Alt Cold: Ham & Cheese Sandwich

Spaghetti*
½ Cup Broccoli
Orange

14

Alt Cold: Chicken Caesar Salad

Pizza Hut Cheese Pizza Slice
on Whole Grain Crust*
½ Cup Baby Carrots
Banana

15

Alt Cold: Turkey & Cheese Sandwich

Chicken Nuggets*
¾ Cup Green Beans
Pineapple

16

Alt Cold: Ham & Cheese Sandwich

Goulash*
½ Cup Green Beans
Pears

19

Alt Cold: Turkey & Cheese Sandwich

Chicken Enchilada Hot Dish
with ¼ Cup Black Beans
½ Cup Peas and Carrots
Fruit Cocktail

20

Alt Cold: Ham & Cheese Sandwich

Hamburger
Whole Grain Bun*
½ Cup French Fries
½ Cup Broccoli
Apple

21

Alt Cold: Chef Salad

Beef Taco
Whole Grain Tortilla*
¼ Cup Black Beans
½ Cup Baby Carrots
Banana

22

Alt Cold: Turkey & Cheese Sandwich

NO SCHOOL
23
NO SCHOOL
26
NO SCHOOL
27
NO SCHOOL
28
NO SCHOOL
29
NO SCHOOL
30

Menus subject to change based on availability of items.

Menu items marked with (*) are whole grain rich.

NOTE: Menus may contain nuts, seeds, milk, egg, soybean, and other ingredients

Vegetable Serving Size = ¾ Cup unless otherwise noted