

Monday
Franks & Fries 2

Turkey Hot dogs on
A whole grain bun
French Fries
Fruit and Veggie Salad Bar

Tuesday
Try it Tuesday 3

Potato Gnocchi w/ Tomato
Sauce or Meat sauce
WG Goldfish Crackers
Fruit and Veggie Salad Bar

Wednesday
Pizza Day 4

Personal Cheese Pizza
On whole grain crust
Fruit and Veggie Salad Bar

Thursday
Chicken & Waffles 5

Chicken Nuggets
Whole Grain Waffle w/
Syrup
Fruit and Veggie Salad Bar

Friday

No School

No School

Breakfast for lunch 16

Whole Grain Pancakes
Cinnamon Apples
Turkey Sausage
Fruit and Veggie Salad Bar

Try it Tuesday 17

Cheesy Baked Ziti w/wo
Meat sauce
Garlic Breadstick
Fruit and Veggie Salad Bar

Pizza Day 18

Personal Cheese Pizza
On whole grain crust
Fruit and Veggie Salad Bar

Throwback Thursday 19

Mini Corn dogs (turkey)
French Fries
Fruit and Veggie Salad Bar

Friday Fill up 20

Chili Con Carne
or Vegetarian Chili
Cornbread
Fruit and Veggie Salad Bar

Fish Fry 23

WG Breaded Pollock
On a whole grain bun
French fries
Fruit and Veggie Salad Bar

Try it Tuesday 24

Chicken & Garden
vegetable Lo Mein
WG Animal Crackers
Fruit and Veggie Salad Bar

Café Classic 25

Meat or Cheese Lasagna
Garlic Breadstick
Fruit and Veggie Salad Bar

Pizza Day 26

Personal Cheese Pizza
On whole grain crust
Fruit and Veggie Salad Bar

National Breadstick Day 27

Cheese Filled Breadsticks
Whole Grain Pasta
With Tomato Sauce
Fruit and Veggie Salad Bar

Monday McMuffin 30

Egg & Cheese on a
Whole grain English Muffin
Hash Browns
Fruit and Veggie Salad Bar

Try it Tuesday 31

Pasta Fazool
WG Breadstick
Spooky Sundae Cup
Fruit and Veggie Salad Bar

Lunch Menu includes minimum of an Entrée, Whole Grain, Fruit, Veg, and Milk (low fat regular and fat free flavored). Students **must take a fruit or vegetable** to be in compliance with National School Lunch Program. *Salad Bar is included with lunch and offers different items daily, which include fruits and vegetables as well as mixed salads, and items to go with daily menu. **Menus are subject to change**