

**A Nourished Student is a Learning Student!**

This institution is an equal opportunity provider.

**A Cold Menu Option is offered each day as a second choice.**  
 Monday: Soybutter & Jelly Sandwich & **Marinated Chickpea Salad** & **Carrots** & Yogurt (Grahams for older students)  
 Tuesday: Chicken Chef Salad with 2 Dinner Rolls (Potato Salad for older students)  
 Wednesday: Chicken Ranch Pita & **Carrot Raisin Salad** & **Broccoli Buds** and Ranch  
 Thursday: Ham & Cheese Sandwich with mustard packet & **Marinated Tomato Salad** (Diced Cucumbers for older students)  
 Friday: Turkey & Cheese Pita with salad dressing packet & **Tossed Salad** (Cucumber with Ranch for older students)

**Sun Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**



8  
Stuffed Cheese  
Breadsticks  
**Marinara Sauce**  
**Seasoned Peas**  
Spiced Pears

9  
Chicken Fajitas  
2 Whole Grain Tortillas w/  
Shredded Cheddar Cheese  
Shredded Lettuce  
**Refried Beans**  
**Salsa Cup**  
Strawberry Cup

10  
Whole Grain Rotini Beef  
Pasta Bake  
**Seasoned Broccoli**  
Whole Grain Breadstick  
Mixed Fruit Cup

11  
Whole Grain Chicken Patty on  
Whole Grain Bun  
**Vegetarian Baked Beans**  
**Seasoned Corn**  
Diced Peaches

12  
Hungry Howie's Pepperoni  
Pizza  
**Tossed Salad w/ Ranch**  
Apple Slices  
**Baby Carrots**

15  
**No School**



16  
Whole Grain Penne Pasta w/  
Alfredo Sauce  
Whole Grain Breadstick  
**Seasoned Broccoli**  
**Roasted Carrots**  
Mixed Fruit

17  
Beef Dippers  
2 Whole Grain Rolls  
Mixed Vegetables  
**Whipped Sweet Potatoes**  
Strawberry Kiwi 100% Juice

18  
Sloppy Joes  
on a Whole Wheat Bun  
**Edamame** Corn Salad  
Green Beans  
Diced Peaches

19  
Hungry Howie's Pepperoni  
Pizza  
**Tossed Salad w/ Ranch**  
Apple Slices  
**Baby Carrots**

22  
Hamburger on Whole Grain Bun  
**Peas & Carrots**  
**Vegetarian Baked Beans**  
Ketchup & Mustard  
Strawberry Parfait

23  
Whole Grain Bean &  
Cheese Burrito  
**Corn with Peppers**  
**Salsa**  
Diced Peaches

24  
Chicken Parmesan  
Whole Grain Dinner Roll  
**Seasoned Broccoli**  
Spiced Pears

25  
Salisbury Steak  
**Mashed Potatoes** and  
Low Sodium Gravy  
**Seasoned Carrots**  
Mixed Fruit Cup  
Whole Grain Garlic Twiz Stick

26  
Hungry Howie's Pepperoni  
Pizza  
**Tossed Salad w/ Ranch**  
Apple Slices  
Mango Wango Juice

29  
Whole Grain Chicken Nuggets  
Whole Grain Dinner Roll  
BBQ Sauce Packet  
**Seasoned Broccoli**  
Diced Pear Cup

30  
Honey BBQ Chicken  
Meatballs  
Whole Grain Corn Bread  
Poppers  
**Baked Squash**  
Mixed Fruit

31  
Mini Whole Grain Cheese  
Quesadillas  
**Refried Beans**  
**Salsa**  
Diced Peaches



**CHOICE of  
MILK  
INCLUDED  
WITH  
LUNCH**

**IMPORTANT!**

**Due to  
nationwide food  
shortages and  
supply chain  
issues, menus  
are subject to  
change  
depending on  
availability.**