

Monday
Tuesday
Wednesday
Thursday
Friday
LUNCH
Burger Day:

 Hamburger, Whole Grain roll,
 Lettuce, Tomato,
 Pickles, Oven Fries

Alt: WG Cereal meal, 4oz juice, 4oz yogurt, WG Cracker

4
LUNCH
**Crunchy Taco Day,
 Seasoned chicken**
**Lettuce, tomato, Cheese & Salsa,
 beans**
Alt: 2oz WG bagel w/cream cheese,
 4oz yogurt

5
LUNCH
Spaghetti & Meatballs,

Garlic knots, mixed vegetables

Alt: WG maple pancakes or waffles,
 cheese stick, & sunflower seeds

6
LUNCH
**Pizza Thursday,
 Cheese Pizza,** garden salad,
 School baked WG cookie

Alt: 2oz Hummus cup with veggie
 sticks & WG cracker, 4oz yogurt

7
LUNCH
Deli Sandwich Day

 Chicken Patty, Lettuce, Tomato,
 Pickles, WG chips

Alt: Sunbutter & Jelly Uncrustable,
 Chees stick, WG snack

1
No School
11
LUNCH
Corn Dog

 Vegetarian Baked beans, Potato
 Salad
 Vegetables

Alt: 2oz WG bagel w/cream cheese,
 4oz yogurt

12
LUNCH
Teriyaki chicken:

 With Rice and Mix stir-fried
 Vegetables

Alt: WG maple pancakes or waffles,
 cheese stick, & sunflower seeds

13
LUNCH
Max Sticks, with Marinara

 Mixed vegetables,
 Rice Crispy treat

Alt: 2oz Hummus cup with veggie
 sticks & WG cracker, 4oz yogurt

14
LUNCH
Fish Sticks Friday

Oven fries, Coleslaw, tartar sauce

Alt: Sunbutter & Jelly Uncrustable,
 Cheese stick, WG snack

15
LUNCH
Chicken Nuggets,

Tater tots, & corn

Alt: WG Cereal meal, 4oz juice, 4oz yogurt, WG Cracker

18
LUNCH
Meatball Grinder, on a WG roll

Cheese, garden salad

Alt: 2oz WG bagel w/cream cheese,
 4oz yogurt

19
LUNCH
Mac & Cheese,

 Served with carrot coins and ap-
 plesauce

Alt: WG maple pancakes or waffles,
 cheese stick, & sunflower seeds

20
LUNCH
Pizza Thursday,
Cheese Pizza, garden salad,
 School baked WG cookie

Alt: 2oz Hummus cup with veggie
 sticks & WG cracker, 4oz yogurt

21
LUNCH
Burger Day:

 Hamburger, Whole Grain roll,
 Lettuce, Tomato,
 Pickles, potato chips

Alt: Sunbutter & Jelly Uncrustable,
 Cheese stick, WG snack

22
LUNCH
Breakfast for Lunch

 Turkey Sausage, Egg & Cheese
 Sandwiches, Sweet potato tots,
 Orange juice

Alt: WG Cereal meal, 4oz juice, 4oz
 Cheese stick, WG Cracker

25
LUNCH
Taco Salad Day: ground beef

 Lettuce, tomato, Garlicky black
 beans, salad, Cheese, Chips & Salsa

Alt: 2oz WG bagel w/cream cheese,
 4oz yogurt

26
LUNCH
Pasta with Marinara:

 Shredded Cheese, Garlic Bread,
 Garden salad

Alt: WG maple pancakes or waffles,
 cheese stick, & sunflower seeds

27
LUNCH
Mozzarella Sticks, with marinara

 mixed vegetables,
 Graham crackers

Alt: 2oz Hummus cup with veggie
 sticks & WG cracker, 4oz yogurt

28
LUNCH
Warm WG Pretzel & Cheese

Served with mixed veggies

Alt: Sunbutter & Jelly Uncrustable,
 Cheese stick, WG snack

29
Menu is subject to change.

Grades 4-6 FREE Breakfast & Lunch

Grades 4-6 offer daily in school entrée & entrée alternative:

Comes with ½ cup fruit and vegetable & milk from main menu

All juice is 100% juice, each breakfast comes with ½ cup fruit & milk

This institution is an equal opportunity provider

Breakfast Choices:
Monday: Cereal Meal, **Tuesday:** Sweet Potato Roll, **Wednesday:** Quick Bread,

Thursday: Apple Frudel, **Friday:** Mini Donuts

All juice is 100% juice, each breakfast comes with ½ cup fruit, fruit Juice & or milk

All options are made using Whole Grain
