

SAMPLE MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>2% Milk, 1% Chocolate Milk, Orange Juice and Apple Juice is available daily. Ham, Turkey, sliced cheese and peanut butter and Jelly with assorted breads are available daily. Salad Bar includes salad mixes, a variety of toppings, crackers and dressings daily.</p>	<p>All bread products are whole wheat or multigrain when available. Lean meats and low-fat dairy products used when available. Items are baked or grilled whenever possible.</p>
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2	<p>*Salad Works* & *Deli Cuts* Available Daily</p>	4 Oven Baked Breaded Chicken Tenders, Mashed Potatoes, Steamed Green Beans, Fresh Fruit, Wheat Roll	5 Rainbow Pasta with Marinara Meat Sauce, Steamed Broccoli, Bread Sticks, Fresh Fruit, Cookie	6 French Toast Sticks, Syrup, Ham Slice, Eggs, Fresh Fruit, Low-fat Yogurt	7 Grilled Chicken & Cheese Quesadilla, Fiesta Brown Rice, Corn, Fresh Fruit, Churro	8
9	10 Whole Wheat Penne Pasta & Meatballs, Steamed Green Beans, Garlic Wheat Roll, Fresh Fruit	11 Oven Baked Chicken On a Whole Wheat Bun, Baked Smile Fries, Baby Carrots & Celery Sticks, Fresh Fruit	12 Lean Beef Soft Tacos, Fiesta Brown Rice, Sliced Cucumbers w/ Ranch Dressing, Fresh Fruit, Pudding	13 Baked Chicken Breast, Brown Rice & Gravy, Steamed Carrots, Roll, Fresh Fruit	14 Whole Wheat Grilled Cheese, Chicken & Rice Soup, Peas & Carrots, Fresh Fruit, Jello	15
16	17 Cheese Pizza w/ Whole Grain Crust, Caesar Salad, Steamed Mixed Vegetables, Fresh Fruit	18 Grilled Chicken Strips, Macaroni & Cheese, Steamed Broccoli, Wheat Roll, Fresh Fruit, Cookie	19 Lean Hamburger on a Whole Wheat Bun w/ Lettuce & Tomato, Baked Waffle Fries, Broccoli Florets w/ Ranch Dressing, Fresh Fruit	20 Grilled Chicken Nachos, Spanish Brown Rice, Fiesta Vegetables, Fresh Fruit	21 Grilled Teriyaki Glazed Chicken Dippers, Fried Brown Rice, Steamed Broccoli, Fresh Fruit, Brownie	22
23	24 Oven Baked Chicken Biscuit, Cheesy Eggs, Fresh Fruit, Low-Fat Yogurt	25 Reduced Fat Pepperoni Pizza, Garden Salad, Green Beans, Fresh Fruit, Cake	26 Baked Chicken Breast, Brown Rice & Gravy, Steamed Carrots, Roll, Fresh Fruit	27 Rainbow Pasta with Marinara Meat Sauce, Steamed Broccoli, Bread Sticks, Fresh Fruit	28 Grilled Chicken & Cheese Quesadilla, Fiesta Brown Rice, Corn, Fresh Fruit, Churro	29