

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>Ham &amp; Cheese Wrap ham and American cheese with mixed greens and tomato on a whole wheat wrap </p>	<p>Grilled Veggie Wrap grilled red and green peppers, low fat mozzarella, onions and tomatoes served on a whole wheat wrap </p>	<p>Chicken Delight Wrap crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla</p>
<p>AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap</p>					
			<p>Chicken Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices</p>	<p>Meatball Calzone garlic toasted whole grain calzone filled with meatballs, ricotta and melted cheeses</p>	<p>Grilled Vegetable Pizza grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella </p>
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
			<p>Texas Rib Sandwich boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun Steamed Carrots</p>	<p>Mac &amp; Cheese whole grain elbow pasta in a creamy cheese sauce  Steamed Broccoli</p>	<p>Waffles with Turkey Sausage light and crisp whole grain waffles served with a sausage patty Hash Browns</p>
			<p>Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments</p>	<p>Spicy Chicken Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun</p>	<p>Bacon Cheeseburger beef burger patty topped with crispy bacon strips on a whole wheat bun </p>
<p>AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger and Veggie Burger served on Whole Wheat Roll</p>					
			<p>Tossed Salad with Shredded Cheese &amp; 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a</p>	<p>Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll </p>	<p>Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</p>
<p>AVAILABLE DAILY: Garden Salad, Chef Salad &amp; Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls &amp; Lowfat Dressing</p>					
			<p>Beefy Burrito fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</p>	<p>Pico &amp; Cheese Nachos crispy tortilla chips served with cheese sauce and fresh pico de gallo </p>	<p>Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream</p>
<p>AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce</p>					
			<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Fresh Red Grapes</p>

MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE  
 AT LEAST 2 TYPES OF MILK AVAILABLE DAILY: 1% LOW FAT UNFLAVORED, FAT FREE FLAVORED, FAT FREE UNFLAVORED  
 AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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	<p>Turkey Ranch Wrap <i>Boar's Head turkey breast with lettuce, tomato and ranch on a whole wheat wrap</i></p>	<p>Tuna Salad Wrap* <i>fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap</i></p>	<p>Ham &amp; Cheese Wrap <i>ham and American cheese with mixed greens and tomato on a whole wheat wrap</i></p>	<p>Grilled Veggie Wrap <i>grilled red and green peppers, low fat mozzarella, onions and tomatoes served on a whole wheat wrap</i></p>	<p>Chicken Delight Wrap <i>crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla</i></p>
<p>AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap</p>					
	<p>Beef &amp; Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with beef, mozzarella and marinara sauce</i></p>	<p>Broccoli Cheddar Pizza <i>fresh whole grain pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli</i></p>	<p>Chicken Pepperoni Pizza Pops <i>garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices</i></p>	<p>Meatball Calzone <i>garlic toasted whole grain calzone filled with meatballs, ricotta and melted cheeses</i></p>	<p>Grilled Vegetable Pizza <i>grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella</i></p>
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the slice</p>					
	<p>Barbecued Chicken <i>cut up chicken smothered in a spicy barbecue sauce</i> Corn</p>	<p>Chicken Parmesan Over Pasta <i>traditional chicken parmesan topped with pomodoro sauce and melted mozzarella cheese, served over a bed of pasta</i> Carrots</p>	<p>Chicken Fajita Stir Fry Over Pasta <i>fajita chicken tossed with vegetables served over whole grain spaghetti</i></p>	<p>Cheesy Stuffed Breadsticks <i>gooey mozzarella cheese filled whole wheat sticks great for dunking in your favorite sauce</i></p>	<p>French Toast Sticks <i>crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup</i> Turkey Sausage Links</p>
	<p>Mozzarella Sticks with Homemade Marinara Sauce</p>	<p>Turkey Sausage, Egg &amp; Cheese on a Bun <i>start your day with a hot breakfast sandwich featuring turkey sausage, egg and</i></p>	<p>Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i></p>	<p>Spicy Chicken Sandwich <i>a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun</i></p>	<p>Bacon Cheeseburger <i>beef burger patty topped with crispy bacon strips on a whole wheat bun</i></p>
<p>AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger and Veggie Burger served on Whole Wheat Roll</p>					
	<p>Turkey Garden Salad <i>turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole</i></p>	<p>Antipasto Salad with 2 Dinner Rolls <i>salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad</i></p>	<p>Tossed Salad with Shredded Cheese &amp; 2 Dinner Roll <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a</i></p>	<p>Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i></p>	<p>Greek Salad with Dinner Roll <i>romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</i></p>
<p>AVAILABLE DAILY: Garden Salad, Chef Salad &amp; Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls &amp; Lowfat Dressing</p>					
	<p>Taco Tacos <i>fiesta beef wrapped in a crispy tortilla shell with pico de gallo, cheddar cheese and lettuce</i></p>	<p>Chicken &amp; Cheese Quesadilla <i>fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla</i></p>	<p>Beefy Burrito <i>fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</i></p>	<p>Pico &amp; Cheese Nachos <i>crispy tortilla chips served with cheese sauce and fresh pico de gallo</i></p>	<p>Chicken Taco Salad <i>a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream</i></p>
<p>AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce</p>					
	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Banana</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Empire Apple Fresh Orange</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Banana</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Bartlett Pear</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Fresh Orange</p>

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AT LEAST 2 TYPES OF MILK AVAILABLE DAILY: 1% LOW FAT UNFLAVORED, FAT FREE FLAVORED, FAT FREE UNFLAVORED  
AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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<p>AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap</p>					
	<p>Beef &amp; Cheese Stromboli garlic toasted whole grain pizza crust filled with beef, mozzarella and marinara sauce</p>	<p>Broccoli Cheddar Pizza fresh whole grain pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli </p>	<p>Chicken Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices</p>		
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the slice</p>					
	<p>Buffalo Style Baked Chicken Tenders crispy chicken tenders perfect for dunking in our buffalo sauce and served with carrot and celery sticks Broccoli Florets</p>	<p>Burger Bar all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun </p>	<p>Pasta with Meat Sauce* whole grain penne pasta topped with meat sauce</p>		
	<p>Mozzarella Sticks with Homemade Marinara Sauce </p>	<p>Turkey Sausage, Egg &amp; Cheese on a Bun start your day with a hot breakfast sandwich featuring turkey sausage, egg and</p>	<p>Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments</p>		
<p>AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger and Veggie Burger served on Whole Wheat Roll</p>					
	<p>Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll</p>	<p>Antipasto Salad with 2 Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad</p>	<p>Tossed Salad with Shredded Cheese &amp; 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a </p>		
<p>AVAILABLE DAILY: Garden Salad, Chef Salad &amp; Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls &amp; Lowfat Dressing</p>					
	<p>Cheese Enchilada crispy cheese tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream </p>	<p>Chicken &amp; Cheese Quesadilla fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla</p>	<p>Beefy Burrito fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</p>		
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