


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				Grilled Veggie Wrap <i>grilled red and green peppers, low fat mozzarella, onions and tomatoes served on a whole wheat wrap</i> ✓	Chicken Delight Wrap <i>crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla</i>
AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap					
				Three Cheese Calzone <i>whole grian calzone with mozzarella, parmesan and ricotta cheese</i> ✓	Grilled Vegetable Pizza <i>grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella</i> ✓
AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice					
				Quesadilla Pizzadilla <i>mozzarella cheese, chicken pepperoni and salsa on tortilla wrap spread with pizza sauce, folded and grilled</i> Yellow Rice	Pancakes with Turkey Sausage <i>light and fluffy whole grain pancakes served with turkey sausage</i> Hash Browns
				Spicy Chicken Sandwich <i>a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun</i>	Bacon Cheeseburger <i>beef burger patty topped with crispy bacon strips on a whole wheat bun</i> ✓
AVAILABLE DAILY: Hamburger, Cheeseburger, Turkey Burger and Veggie Burger served on Whole Wheat Roll					
				Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i> ✓	Greek Salad with Dinner Roll <i>romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</i>
AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & Lowfat Dressing					
				Pico & Cheese Nachos <i>crispy tortilla chips served with cheese sauce and fresh pico de gallo</i> ✓	Chicken Taco Salad <i>a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream</i>
AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce					
				Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Pear Banana

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>Tuna Salad Wrap* <i>fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap</i></p>	<p>Ham & Cheese Sushi Roll <i>thinly sliced ham and American cheese rolled up sushi style in whole wheat bread</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>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>Chicken Fajita Pizza <i>cheesy pizza slice topped with fajita chicken, onions and peppers</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>Chicken Parmesan Over Pasta <i>traditional chicken parmesan topped with pomodoro sauce and melted mozzarella cheese, served over a bed of pasta</i></p>	<p>Beef Lasagna Roll-Ups <i>rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, ground beef, tomato sauce and melted mozzarella cheese.</i></p>	<p>General Tso's Popcorn Chicken <i>popcorn chicken tossed in a General Tso's sauce</i> Yellow Rice Vegetable Stir Fry</p>	<p>Waffles with Turkey Sausage <i>light and crisp whole grain waffles served with a sausage patty</i> Hash Browns</p>
		<p>Grilled Mozzarella on Garlic Bread <i>toasted garlic bread sandwich stuffed with mozzarella</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>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 & 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 & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & Lowfat Dressing</p>					
		<p>Chicken & 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 & 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 Banana 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 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 Boar's Head turkey breast with lettuce, tomato and ranch on a whole wheat wrap</p>	<p>Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap</p>	<p>Ham & Cheese Sushi Roll thinly sliced ham and American cheese rolled up sushi style in whole wheat bread</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>Beef & 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 florets</p>	<p>Chicken Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices</p>	<p>Chicken Fajita Pizza cheesy pizza slice topped with fajita chicken, onions and peppers</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>Barbecued Chicken cut up chicken smothered in a spicy barbecue sauce Corn</p>	<p>Mexi Macaroni & Cheese tender pasta with beef, jalapeño, pepper jack cheese and tomatoes in a creamy cheese sauce Carrots</p>	<p>Chicken Fajita Stir Fry Over Pasta fajita chicken tossed with vegetables served over whole grain spaghetti</p>	<p>Cheesy Stuffed Breadsticks gooey mozzarella cheese filled whole wheat sticks great for dunking in your favorite sauce</p>	<p>Texas Rib Sandwich boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun Sautéed Kale</p>
	<p>Buffalo Chicken Sandwich spicy chicken patty with lettuce and tomatoes on a club roll</p>	<p>Grilled Mozzarella on Garlic Bread toasted garlic bread sandwich stuffed with mozzarella</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>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 & 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dressing</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 & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & Lowfat Dressing</p>					
	<p>Taco Tacos fiesta beef wrapped in a crispy tortilla shell with pico de gallo, cheddar cheese and lettuce</p>	<p>Chicken & 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>	<p>Pico & 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</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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<p>AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap</p>					
	<p>Beef & 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>Three Cheese Calzone whole grian calzone with mozzarella, parmesan and ricotta cheese</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>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>General Tso's Popcorn Chicken popcorn chicken and broccoli, smothered in a general tso's sauce</p>	<p>Salisbury Steak & Gravy salisbury steak smothered in gravy Mashed Potatoes</p>
	<p>Spicy Chicken Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun</p>	<p>Grilled Mozzarella on Garlic Bread toasted garlic bread sandwich stuffed with mozzarella</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>
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	<p>Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole</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 & 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 & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & 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 & 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>	<p>Pico & 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>
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	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Banana Empire Apple</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Fresh 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 Fresh Apple</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Banana Fresh Apple</p>

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<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Chicken Nuggets 6 white meat chicken nuggets</p>	<p>Mac & Cheese Chicken Fajita creamy macaroni and cheese tossed with sauteed peppers and onions, fajita chicken and diced tomatoes</p>	<p>Mozzarella Sticks with Homemade Marinara Sauce</p>	<p>Quesadilla Pizzadilla mozzarella cheese, chicken pepperoni and salsa on tortilla wrap spread with pizza sauce, folded and grilled</p>	<p>Chicken Parmesan Over Pasta traditional chicken parmesan topped with pomodoro sauce and melted mozzarella cheese, served over a bed of pasta</p>
	<p>Spicy Chicken Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun</p>	<p>Grilled Mozzarella on Garlic Bread toasted garlic bread sandwich stuffed with mozzarella</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>
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	<p>Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole</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 & 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 & Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls & 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 & 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, fried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</p>	<p>Pico & 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 Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Cucumber Coins Fresh Orange Fresh Apple</p>	<p>Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Cucumber Coins Fresh Apple Fresh Orange</p>	<p>Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Fresh Orange Banana</p>	<p>Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Cucumber Coins Fresh Orange Fresh Apple</p>	<p>Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Cucumber Coins Honeydew Melon Cup Cantaloupe</p>

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