

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WINTER BREAK NO SCHOOL

NEW YEARS DAYS

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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	Vegetarian Melt Pita grilled whole wheat pita with American cheese and broccoli V	Caesar Chicken Wrap caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled with caesar dressing	Tuna & American Cheese Wrap tuna salad with American cheese, lettuce and tomato on a whole wheat wrap	Turkey Melt thinly sliced turkey breast and melted American cheese on toasty bread	Hail Caesar Wrap crispy chicken wrapped in a tortilla with romaine lettuce, parmesan cheese and caesar dressing
	Spinach Pizza fresh whole grain pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese V	Broccoli & Cheese Stromboli garlic toasted whole grain pizza crust filled with broccoli and mozzarella V	Pepperoni & Cheese Stromboli garlic toasted whole grain pizza crust filled with pepperoni, melted mozzarella cheese and marinara sauce P	Mushroom Pizza fresh whole grain pizza crust topped with marinara sauce, mozzarella, parmesan and mushrooms V	Margarita Flatbread fresh tomato, basil and mozzarella on toasted flatbread
	Cheesy Lasagna Roll-Ups rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, tomato sauce and melted mozzarella cheese. V Caesar Side Salad	Spicy Popcorn Chicken Steamed Carrots	Meatball Parmesan Hero beef and chicken meatballs with tomato sauce and melted mozzarella on a whole wheat club roll	Chicken Fajita Stir Fry Over Pasta fajita chicken tossed with vegetables served over whole grain spaghetti	Waffles with Turkey Sausage light and crisp whole grain waffles served with a sausage patty
	Veggie Burrito fiesta style veggies with rice, pico de gallo, beans, cheese and lettuce wrapped in a tortilla V	Beefy Cheesy Nachos crispy tortilla chips topped fiesta style beef and cheese sauce	Grande Chicken & Cheese Quesadilla fiesta chicken, shredded cheese and pico de gallo melted into a tortilla	Fiesta Taco Salad fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl	Cheesy Quesadilla melted cheddar cheese and pico de gallo inside a grilled, folded tortilla V
	Grilled Ham & Bacon Melt gooey American cheese with layers of ham and crisp bacon melted between two slices of toasty bread P	Pizza Burger beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a whole wheat bun	Chicken Nugget & Mozzarella Stick Combo everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce	Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments	Bacon Cheeseburger Wrap a traditional bacon cheeseburger inside a whole wheat tortilla
	Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll	Antipasto Salad with 2 Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad	Tossed Salad with Shredded Cheese & 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dinner roll V	Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll V	Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives
	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Banana	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple

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	Pasta with Meat Sauce* whole grain penne pasta topped with meat sauce	Mozzarella Sticks with Homemade Marinara Sauce V	Burger Bar all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun 🍎	Chicken Fajita Stir Fry Over Pasta fajita chicken tossed with vegetables served over whole grain spaghetti	Waffles with Turkey Sausage light and crisp whole grain waffles served with a sausage patty
	Veggie Burrito fiesta style veggies with rice, pico de gallo, beans, cheese and lettuce wrapped in a tortilla V	Beefy Cheesy Nachos crispy tortilla chips topped fiesta style beef and cheese sauce	Grande Chicken & Cheese Quesadilla fiesta chicken, shredded cheese and pico de gallo melted into a tortilla	Fiesta Taco Salad fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl	Cheesy Quesadilla melted cheddar cheese and pico de gallo inside a grilled, folded tortilla V
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	Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll	Antipasto Salad with 2 Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad	Tossed Salad with Shredded Cheese & 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dinner roll V	Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll V	Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives
	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Banana Fresh Green Grapes	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Orange Red Delicious Apple	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Red Delicious Apple Fresh Orange	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Red Grapes Pear	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Red Delicious Apple Fresh Orange

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		Hawaiian Pizza Slice <i>ham and pineapple chunks over a cheese pizza slice, made with a whole wheat crust</i> P	French Bread Pizza <i>tomato sauce and melted mozzarella on a toasty french baguette</i>	Broccoli & Cheese Stromboli <i>garlic toasted whole grian pizza crust filled with broccoli and mozzarella</i> V	Margherita Pizza <i>whole wheat pizza dough topped with tomato sauce, mozzarella, fresh tomatoes and basil</i> V
		Buffalo Style Popcorn Chicken	Famous Chili Cheese Fries <i>golden baked potato wedges topped with chili and cheese</i>	Pizza Burger <i>beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a whole wheat bun</i>	Waffles & Sausage <i>light and crisp whole grain waffles served with a sausage patty</i> P
		Bean & Veggie Burrito <i>refried beans, sauteed vegetables and seasoned rice in a whole wheat wrap</i> V	Grande Chicken & Cheese Quesadilla <i>fiesta chicken, shredded cheese and pico de gallo melted into a tortilla</i>	Beef Enchilada <i>crispy beef tortilla baked with chili sauce and melted cheddar, topped with pico de gallo and sour cream</i>	Mexican Salad <i>tossed greens topped with beans, corn, salsa, cheddar cheese, sour cream and crumbled tortilla chips</i> V
		Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i>	Mozzarella Sticks with Homemade Marinara Sauce V	Chicken Parm Sandwich <i>lightly breaded chicken breast patty topped with melted mozzarella and tomato sauce on a toasted whole grain bun</i>	Chicken Nugget & Mozzarella Stick Combo <i>everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce</i>
		Antipasto Salad with 2 Dinner Rolls <i>salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad</i>	Tossed Salad with Shredded Cheese & 2 Dinner Roll <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dinner roll</i> V	Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i> V	Greek Salad with Dinner Roll <i>romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</i>
		Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Banana Fresh Green Grapes Deli Style Coleslaw Potato Salad</i>	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple</i>	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw</i>	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw</i>

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	Cajun Chicken Mac & Cheese pasta with chicken, sauteed peppers and onions, roasted garlic, pepperjack cheese and Cajun spices in a creamy cheese sauce Broccoli Florets	Cuban Melt ham and mozzarella on a whole wheat club roll P	Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments	Crispy Chicken & Cheese Sandwich crispy chicken patty and American cheese on a whole wheat bun	Pancakes and Turkey Sausage light and fluffy pancakes served with a turkey sausage patty
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