

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	WINTER BREAK NO SCHOOL				NEW YEARS DAY

Protein Choices: Boars Head Turkey or Ham, Hard Boiled Egg or Cheese

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>Fast and Fresh Wraps to Go</p>	<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 V</p>	<p>Chicken Delight Wrap crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla</p>
AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken Whole Wheat Wraps					
 <p>La Cucina ITALIAN BISTRO</p>	<p>Beef & Cheese Stromboli garlic toasted whole grian pizza crust filled with beef, mozzarella and marinara sauce</p>	<p>Broccoli Cheddar Pizza fresh whole grian pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli florets V</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 V</p>
AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice					
 <p>CHEF PRODUCTIONS Enticing Homestyle Cuisine</p>	<p>Pasta with Meat Sauce* whole grain penne pasta topped with meat sauce Spinach Salad Garlic Bread</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 V Baked Tater Tots Spinach & Tomato Salad</p>	<p>Quesadilla Pizzadilla mozzarella cheese, chicken pepperoni and salsa on tortilla wrap spread with pizza sauce, folded and grilled Yellow Rice Black Bean Salad</p>	<p>Pancakes with Turkey Sausage light and fluffy whole grain pancakes served with turkey sausage Hash Browns Broccoli</p>
 <p>MRS. RUBY'S GRILL WHERE BURGERS ARE JUST THE BEGINNING</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 V Baked Tater Tots</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>
AVAILABLE DAILY: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on Whole Wheat Roll					
 <p>FRESH EXPRESS SANDWICHES AND SALADS MADE FRESH DAILY</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</p>	<p>Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll V</p>	<p>Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</p>
AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with Twin Whole Wheat Dinner Rolls & Low Fat Dressing.					
 <p>Coyote Grill Southwestern cuisine with a bite</p>	<p>Cheese Enchilada crispy cheese tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream V</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 V</p>	<p>Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream</p>
AVAILABLE DAILY: Crunchy or Soft Tacos and Nacho Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce					
 <p>Healthy Harvest</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Fresh Red Grapes</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 Pear Fresh Orange</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 Pear Banana</p>
Protein Choices: Boars Head Turkey or Ham, Hard Boiled Egg or Cheese					

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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 ITALIAN BISTRO	Beef & Cheese Stromboli <i>garlic toasted whole grian pizza crust filled with beef, mozzarella and marinara sauce</i>	Broccoli Cheddar Pizza <i>fresh whole grian pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli florets 🍷</i>	Chicken Pepperoni Pizza Pops <i>garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices</i>	Chicken Fajita Pizza <i>cheesy pizza slice topped with fajita chicken, onions and peppers</i>	Grilled Vegetable Pizza <i>grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella V</i>
 RUBY'S FLATS FLAT-OUT GRILLED FRESHNESS	Meatloaf with Gravy <i>savory beef meatloaf with a hearty brown gravy</i> Mashed Potatoes	Rotisserie Chicken <i>Sauteed Onions</i> Brown Rice	Beef Lasagna Roll-Ups <i>rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, ground beef, tomato sauce and melted mozzarella cheese.</i>	General Tso's Popcorn Chicken <i>popcorn chicken tossed in a General Tso's sauce</i> Yellow Rice Vegetable Stir Fry	Waffles with Turkey Sausage <i>light and crisp whole grain waffles served with a sausage patty</i> Hash Browns
 WHERE BURGERS ARE JUST THE BEGINNING	Spicy Chicken Sandwich <i>a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun</i>	Grilled Mozzarella on Garlic Bread <i>toasted garlic bread sandwich stuffed with mozzarella V</i>	Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i>	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>
 SANDWICHES AND SALADS MADE FRESH DAILY	Turkey Garden Salad <i>turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll</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 dressing</i>	Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll V</i>	Greek Salad with Dinner Roll <i>romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</i>
 Southwestern cuisine with a bite	Cheese Enchilada <i>crispy cheese tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream V</i>	Chicken & Cheese Quesadilla <i>fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla</i>	Beefy Burrito <i>fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</i>	Pico & Cheese Nachos <i>crispy tortilla chips served with cheese sauce and fresh pico de gallo V</i>	Chicken Taco Salad <i>a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream</i>
	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Banana Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Fresh Red Grapes

AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken Whole

AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice

AVAILABLE DAILY: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on Whole Wheat Roll

AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with Twin Whole Wheat Dinner Rolls & Low Fat Dressing

AVAILABLE DAILY: Crunchy or Soft Tacos and Nacho Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce

Protein Choices: Boars Head Turkey or Ham, Hard Boiled Egg or Cheese

MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE
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		Tuna Salad Wrap* <i>fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap 🍎</i>	Ham & Cheese Sushi Roll <i>thinly sliced ham and American cheese rolled up sushi style in whole wheat bread 🍷</i>	Grilled Veggie Wrap <i>grilled red and green peppers, low fat mozzarella, onions and tomatoes served on a whole wheat wrap V</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 Whole Wheat Wraps			
		Broccoli Cheddar Pizza <i>fresh whole grian pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli florets V</i>	Chicken Pepperoni Pizza Pops <i>garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices</i>	Chicken Fajita Pizza <i>cheesy pizza slice topped with fajita chicken, onions and peppers</i>	Grilled Vegetable Pizza <i>grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella V</i>
		AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice			
		Mexi Macaroni & Cheese <i>tender pasta with beef, jalapeño, pepper jack cheese and tomatoes in a creamy cheese sauce</i> Carrots	Chicken Fajita Stir Fry Over Pasta <i>fajita chicken tossed with vegetables served over whole grain spaghetti</i>	Cheesy Stuffed Breadsticks <i>gooey mozzarella cheese filled whole wheat sticks great for dunking in your favorite sauce V</i>	BBQ Rotisserie Chicken <i>tender rotisserie chicken marinated in bbq sauce</i> Sauteed Kale
		Grilled Mozzarella on Garlic Bread <i>toasted garlic bread sandwich stuffed with mozzarella V</i>	Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i>	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, Cheeseburgers, Turkey Burgers & Veggie Burgers served on Whole Wheat Roll			
		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 dressing 🍷</i>	Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll V</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 Twin Whole Wheat Dinner Rolls & Low Fat Dressing			
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		Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Empire Apple Fresh Orange	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Banana	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Bartlett Pear	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Fresh Orange
		Protein Choices: Boars Head Turkey or Ham, Hard Boiled Egg or Cheese			

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 Enticing Homestyle Cuisine	Buffalo Style Baked Chicken Tenders <i>crispy chicken tenders perfect for dunking in our buffalo sauce and served with carrot and celery sticks Broccoli Florets</i>	Burger Bar <i>all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun 🍎</i>	Pasta with Meat Sauce* <i>whole grain penne pasta topped with meat sauce</i>	General Tso's Popcorn Chicken <i>popcorn chicken and broccoli, smothered in a general tso's sauce</i>	French Toast Sticks & Turkey Sausage <i>whole grain french toast sticks, served with turkey sausage Hash Browns</i>
 WHERE BURGERS ARE JUST THE BEGINNING	Spicy Chicken Sandwich <i>a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun</i>	Grilled Mozzarella on Garlic Bread <i>toasted garlic bread sandwich stuffed with mozzarella V</i>	Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i>	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>
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Wheat Wraps

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