

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	Vegetarian Melt Pita <i>grilled whole wheat pita with American cheese and broccoli</i> V	Caesar Chicken Wrap <i>caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled</i>	Tuna & American Cheese Wrap <i>tuna salad with American cheese, lettuce and tomato on a whole wheat wrap</i>	Turkey Melt <i>thinly sliced turkey breast and melted American cheese on toasty bread</i>	Hail Caesar Wrap <i>crispy chicken wrapped in a tortilla with romaine lettuce, parmesan cheese and caesar dressing</i>
	Spinach Pizza <i>fresh whole grain pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese</i> V	Broccoli & Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with broccoli and mozzarella</i> V	Pepperoni Calzone <i>whole grain calzone with pepperoni and ricotta cheese</i> P	Mushroom Pizza <i>fresh whole grain pizza crust topped with marinara sauce, mozzarella, parmesan and mushrooms</i> V	Margarita Flatbread <i>fresh tomato, basil and mozzarella on toasted flatbread</i>
	Meatloaf with Gravy <i>savory beef meatloaf with a hearty brown gravy</i> <i>Mashed Potatoes</i>	Buffalo Style Baked Chicken Tenders <i>crispy chicken tenders perfect for dunking in our buffalo sauce and served with carrot and celery sticks</i>	Beef & Chicken Meatballs over Pasta <i>beef and chicken meatballs with tomato sauce over a bed of penne pasta</i> 🍎	Cheeseburger Mac & Cheese <i>pasta and ground beef tossed in an American and cheddar cheese sauce</i>	Waffles & Sausage <i>light and crisp whole grain waffles served with a sausage patty</i> P
	Veggie Burrito <i>fiesta style veggies with rice, pico de gallo, beans, cheese and lettuce wrapped in a tortilla</i> V	Beefy Cheesy Nachos <i>crispy tortilla chips topped fiesta style beef and cheese sauce</i>	Grande Chicken & Cheese Quesadilla <i>fiesta chicken, shredded cheese and pico de gallo melted into a tortilla</i>	Fiesta Taco Salad <i>fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl</i>	Cheesy Quesadilla <i>melted cheddar cheese and pico de gallo inside a grilled, folded tortilla</i> V
	Grilled Ham & Bacon Melt <i>gooey American cheese with layers of ham and crisp bacon melted between two slices of toasty bread</i> P	Pizza Burger <i>beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a whole wheat bun</i>	Chicken Nugget & Mozzarella Stick Combo <i>everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella</i>	Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i>	Bacon Cheeseburger Wrap <i>a traditional bacon cheeseburger inside a whole wheat tortilla</i>
	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> 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 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 Potato Salad Deli Style Coleslaw Red Delicious Apple Fresh Orange	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 Potato Salad Deli Style Coleslaw Empire Apple Fresh Orange

AVAILABLE DAILY: Boars Head Ham, Turkey, Buffalo Chicken, American Cheese, Monster Cheese or Swiss on Assorted Whole Wheat Breads

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

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

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

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

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 <i>grilled whole wheat pita with American cheese and broccoli</i> ✓	Caesar Chicken Wrap <i>caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled</i>	Tuna & American Cheese Wrap <i>tuna salad with American cheese, lettuce and tomato on a whole wheat wrap</i>	Turkey Melt <i>thinly sliced turkey breast and melted American cheese on toasty bread</i>	<u>NO SCHOOL</u>
AVAILABLE DAILY: Boars Head Ham, Turkey, Buffalo Chicken, American Cheese, Monster Cheese or Swiss on Assorted Whole Wheat Breads					
	Spinach Pizza <i>fresh whole grain pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese</i> ✓	Broccoli & Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with broccoli and mozzarella</i> ✓	Pepperoni Calzone <i>whole grain calzone with pepperoni and ricotta cheese</i> Ⓟ	Mushroom Pizza <i>fresh whole grain pizza crust topped with marinara sauce, mozzarella, parmesan and mushrooms</i> ✓	
AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice					
	Cheesy Lasagna Roll-Ups <i>rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, tomato sauce and melted mozzarella cheese.</i> ✓ <i>Caesar Side Salad</i>	Sloppy Joe on a Bun <i>home made beef sloppy joe served on a soft whole wheat bun</i> <i>Oven Baked Fries</i>	Spicy Popcorn Chicken <i>Steamed Carrots</i>	Pancakes & Sausage <i>light and fluffy whole grain pancakes served with a sausage patty</i> Ⓟ	
	Veggie Burrito <i>fiesta style veggies with rice, pico de gallo, beans, cheese and lettuce wrapped in a tortilla</i> ✓	Beefy Cheesy Nachos <i>crispy tortilla chips topped fiesta style beef and cheese sauce</i>	Grande Chicken & Cheese Quesadilla <i>fiesta chicken, shredded cheese and pico de gallo melted into a tortilla</i>	Fiesta Taco Salad <i>fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl</i>	
AVAILABLE DAILY: Crunchy or Soft Tacos and Nacho Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce					
	Grilled Ham & Bacon Melt <i>goosey American cheese with layers of ham and crisp bacon melted between two slices of toasty bread</i> Ⓟ	Pizza Burger <i>beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a whole wheat bun</i>	Chicken Nugget & Mozzarella Stick Combo <i>everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella dipping sauce</i>	Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i>	
AVAILABLE DAILY: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on Whole Wheat Roll					
	Turkey Garden Salad <i>turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole</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</i>	Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i> ✓	
AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with Twin Whole Wheat Dinner Rolls & Low Fat Dressing					
	Romaine Salad w/ Tomato <i>Baby Carrots</i> <i>Celery Sticks</i> <i>Garbanzo Beans</i> <i>Potato Salad</i> <i>Deli Style Coleslaw</i> <i>Fresh Orange</i> <i>Red Delicious Apple</i>	Romaine Salad w/ Tomato <i>Baby Carrots</i> <i>Celery Sticks</i> <i>Garbanzo Beans</i> <i>Potato Salad</i> <i>Deli Style Coleslaw</i> <i>Fresh Orange</i> <i>Red Delicious Apple</i>	Romaine Salad w/ Tomato <i>Baby Carrots</i> <i>Celery Sticks</i> <i>Garbanzo Beans</i> <i>Potato Salad</i> <i>Deli Style Coleslaw</i> <i>Fresh Orange</i> <i>Red Delicious Apple</i>	Romaine Salad w/ Tomato <i>Baby Carrots</i> <i>Celery Sticks</i> <i>Garbanzo Beans</i> <i>Potato Salad</i> <i>Deli Style Coleslaw</i> <i>Fresh Orange</i> <i>Red Delicious Apple</i>	

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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 GREAT AMERICAN SANDWICH CO. LIBERATE YOUR TASTE BUDS	PRESIDENTS DAY	Caesar Chicken Wrap caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled	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
AVAILABLE DAILY: Boars Head Ham, Turkey, Buffalo Chicken, American Cheese, Monster Cheese or Swiss on Assorted Whole Wheat Breads					
 La Cucina ITALIAN BISTRO		Broccoli & Cheese Stromboli garlic toasted whole grain pizza crust filled with broccoli and mozzarella V	Pepperoni Calzone whole grain calzone with pepperoni and ricotta cheese	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
		AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice			
 CHEF PRODUCTIONS Introducing Homestyle Cuisine		Chicken Sauce & Toss popcorn chicken tossed in honey mustard sauce	Burger Bar all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun 🍎	Chicken Parmesan Over Pasta traditional chicken parmesan topped with pomodoro sauce and melted mozzarella cheese, served over a bed of pasta	Waffles with Turkey Sausage light and crisp whole grain waffles served with a sausage patty
 Coyote Grill Southwestern cuisine with a bite		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
		AVAILABLE DAILY: Crunchy or Soft Tacos and Nacho Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce			
 MISS RUBY'S GRILL WHERE BURGERS BEGIN THE BEGINNING		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 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
		AVAILABLE DAILY: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on Whole Wheat			
 FRESH FRUIT EXPRESS SANDWICHES AND SALADS MADE FRESH DAILY		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	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
		AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with Twin Whole Wheat Dinner Rolls & Low Fat Dressing			
 Healthy Harvest		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 Potato Salad Deli Style Coleslaw 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	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple

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
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	AVAILABLE DAILY: Boars Head Ham, Turkey, Buffalo Chicken, American Cheese, Monster Cheese or Swiss on Assorted Whole Wheat Breads				
	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 Calzone whole grain calzone with pepperoni and ricotta cheese 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
	AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice				
	Roma Pepperoni Griller grilled cheese with multi-grain bread, mozz cheese, pepperoni, pizza sauce, provolone P	Buffalo Style Popcorn Chicken	Sloppy Joe on a Bun home made beef sloppy joe served on a soft whole wheat bun	Pizza Burger beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a whole wheat bun	Waffles & Sausage light and crisp whole grain waffles served with a sausage patty P
	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
	AVAILABLE DAILY: Crunchy or Soft Tacos and Nacho Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce				
	Grilled Ham & Bacon Melt gooey American cheese with layers of ham and crisp bacon melted between two slices of toasty bread P	Chicken Nugget & Mozzarella Stick Combo everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella dipping sauce	Chicken Nugget & Mozzarella Stick Combo everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella 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
	AVAILABLE DAILY: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on Whole Wheat Roll				
	Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole	Tossed Salad with Shredded Cheese & 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a	Tossed Salad with Shredded Cheese & 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a	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
	AVAILABLE DAILY: Garden Salad, Chef Salad & Chicken Caesar Salad served with Twin Whole Wheat Dinner Rolls & Low Fat Dressing				
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Vegetarian Melt
Pita
grilled whole wheat pita
with American cheese
and broccoli V

AVAILABLE DAILY: Boars Head Ham, Turkey, Buffalo Chicken, American Cheese, Monster Cheese or Swiss on Assorted Whole Wheat Breads



Spinach Pizza
fresh whole grain pizza
dough topped with
marinara sauce, fresh
spinach and mozzarella
cheese V

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



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



Veggie Burrito
fiesta style veggies
with rice, pico de gallo,
beans, cheese and
lettuce wrapped in a
tortilla V

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



Grilled Ham &
Bacon Melt
gooey American cheese
with layers of ham and
crisp bacon melted
between two slices of
toasty bread

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



Turkey Garden
Salad
turkey breast over
mixed greens with
lettuce, tomatoes,
cucumbers, carrots and
radishes with a whole

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



Romaine Salad w/
Tomato
Baby Carrots
Celery Sticks
Garbanzo Beans
Potato Salad
Deli Style Coleslaw
Fresh Orange
Red Delicious Apple

MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE
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