

 = Vegetarian

 = Smart Choices Healthy Entree

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

					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
					Chicken Pepperoni Calzone <i>whole grain calzone with chicken pepperoni and ricotta cheese</i> AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice
					Pancakes with Turkey Sausage <i>light and fluffy whole grain pancakes served with turkey sausage Hash Browns</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
					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
					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 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>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>Cheese Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce and crushed red pepper</p>	<p>Chicken Fajita Pizza cheesy pizza slice topped with fajita chicken, onions and peppers</p>	<p>Chicken Pepperoni Calzone whole grain calzone with chicken pepperoni and ricotta cheese</p>
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Sausage & Peppers sweet Italian sausage with sauteed red and green peppers and onions in our homemade tomato sauce Yellow Rice</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>Beef Lasagna Roll-Ups rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, ground beef, tomato sauce and melted mozzarella cheese.</p>	<p>General Tso's Popcorn Chicken popcorn chicken tossed in a General Tso's sauce Yellow Rice Vegetable Stir Fry</p>	<p>Waffles with Turkey Sausage light and crisp whole grain waffles served with a sausage patty Hash Browns</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>
<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</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>
<p>AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce</p>					
	<p>Romaine Lettuce Baby Carrots Celery Sticks Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple</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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	SPRING RECESS				

**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 & 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>Beef & 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 florets</i></p>	<p>Cheese Pizza Pops <i>garlic pizza dough stuffed with mozzarella cheese, tomato sauce and crushed red pepper</i></p>	<p>Three Cheese Calzone <i>whole grain calzone with mozzarella, parmesan and ricotta cheese</i></p>	<p>Chicken Pepperoni Calzone <i>whole grain calzone with chicken pepperoni and ricotta cheese</i></p>
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Buffalo Style Baked Chicken Tenders <i>crispy chicken tenders perfect for dunking in our buffalo sauce and served with carrot and celery sticks</i> <i>Broccoli Florets</i></p>	<p>Burger Bar <i>all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun</i></p>	<p>Pasta with Meat Sauce* <i>whole grain penne pasta topped with meat sauce</i></p>	<p>General Tso's Popcorn Chicken <i>popcorn chicken and broccoli, smothered in a general tso's sauce</i></p>	<p>French Toast Sticks & Turkey Sausage <i>whole grain French toast sticks, served with turkey sausage</i> <i>Hash Browns</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>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 topped with turkey bacon, low fat American cheese, lettuce and tomato, served on whole wheat</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 & 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>Cheese Enchilada <i>crispy cheese tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream</i></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>
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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 Orange</p>

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<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Chicken Nuggets <i>6 white meat chicken nuggets</i> Oven Baked Fries</p>	<p>Macaroni & Cheese <i>whole grain rich pasta elbows in a creamy cheese sauce</i></p>	<p>Mozzarella Sticks with Homemade Marinara Sauce</p>	<p>Quesadilla Pizzadilla <i>mozzarella cheese, chicken pepperoni and salsa on tortilla wrap spread with pizza sauce, folded and grilled</i></p>	<p>Pancakes with Turkey Sausage <i>light and fluffy whole grain pancakes served with turkey sausage</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>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 topped with turkey bacon, low fat American cheese, lettuce and tomato, served on whole wheat</i></p>
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	<p>Turkey Garden Salad <i>turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll</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 & 2 Dinner Roll <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dressing</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>
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<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 Fresh Apple Fresh Orange</p>	<p>Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Fresh Orange</p>	<p>Romaine Salad w/ Tomato Celery Sticks Garbanzo Beans Sliced Cucumber Baby Carrots Banana Fresh Orange</p>	<p>Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Sliced Cucumber Cantaloupe Fresh Apple</p>

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