

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 GREAT AMERICAN SANDWICH CO. LIBERATE YOUR TASTE BUDS	BBQ Turkey Wrap <i>Boar's Head turkey breast, bbq sauce, lettuce and tomato on a whole wheat Wrap</i>	Caesar Chicken Wrap <i>caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled with caesar dressing</i>	Tuna Salad in a Pita Pocket <i>tuna salad stuffed inside a pita 🍎</i>	Turkey Melt <i>thinly sliced turkey breast and melted American cheese on toasty bread</i>	Chicken Salad on Club Roll <i>chicken salad, made with only white meat, on a whole wheat club roll 🍎</i>
AVAILABLE DAILY: Boar's Head Turkey, Buffalo Chicken and Ham, American, Swiss or Provolone Cheese, Lettuce, tomato, peppers, onions, olives and pickles					
 La CUCINA ITALIAN BISTRO	Bacon Pizza <i>whole wheat pizza dough topped with tomato sauce, cheese and crispy bacon 🍎</i>	Broccoli & Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with broccoli and mozzarella V</i>	Pepperoni Calzone <i>whole grain calzone with pepperoni and ricotta cheese 🍎</i>	Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce in fresh pizza dough</i>	Three Cheese Calzone <i>whole grian calzone with mozzarella, parmesan and ricotta cheese V</i>
AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice					
 CHEF PRODUCTIONS Enticing Homestyle Cuisine	Pasta with Meat Sauce* <i>whole grain penne pasta topped with meat sauce</i>	Mozzarella Sticks with Homemade Marinara Sauce <i>V</i>	Burger Bar <i>all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun 🍎</i>	Chicken Fajita Stir Fry Over Pasta <i>fajita chicken tossed with vegetables served over whole grain spaghetti</i>	Waffles with Turkey Sausage <i>light and crisp whole grain waffles served with a sausage patty</i>
 Coyote GRILL Southwestern cuisine with a bite	Chicken Burrito <i>fiesta chicken with black beans, rice, cheddar 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>	Cheesy Quesadilla <i>melted cheddar cheese and pico de gallo inside a grilled, folded tortilla V</i>
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 ARE JUST THE BEGINNING	Grilled Cheese Sandwich <i>mely American cheese sandwiched between two slices of grilled whole wheat 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>	Spicy Chicken Sandwich <i>a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun</i>
AVAILABLE DAILY: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on Whole Wheat Roll					
 FRESH FRUIT EXPRESS 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 🍎</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					
 Healthy Harvest	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Banana Fresh Orange	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

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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	BBQ Turkey Wrap <i>Boar's Head turkey breast, bbq sauce, lettuce and tomato on a whole wheat Wrap</i>	Caesar Chicken Wrap <i>caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled with caesar dressing</i>	Tuna Salad in a Pita Pocket <i>tuna salad stuffed inside a pita 🍎</i>	Turkey Melt <i>thinly sliced turkey breast and melted American cheese on toasty bread</i>	Chicken Salad on Club Roll <i>chicken salad, made with only white meat, on a whole wheat club roll 🍎</i>
	Bacon Pizza <i>whole wheat pizza dough topped with tomato sauce, cheese and crispy bacon 🍎</i>	Broccoli & Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with broccoli and mozzarella V</i>	Pepperoni Calzone <i>whole grain calzone with pepperoni and ricotta cheese 🍎</i>	Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce in fresh pizza dough</i>	Three Cheese Calzone <i>whole grian calzone with mozzarella, parmesan and ricotta cheese V</i>
	Beef & Chicken Meatballs over Pasta <i>beef and chicken meatballs with tomato sauce over a bed of penne pasta 🍎</i>	Buffalo Style Popcorn Chicken	Famous Chili Cheese Fries <i>golden baked potato wedges topped with chili and cheese</i>	Meatloaf with Gravy <i>savory beef meatloaf with a hearty brown gravy Mashed Potatoes</i>	Waffles & Sausage <i>light and crisp whole grain waffles served with a sausage patty 🍎</i>
	Chicken Burrito <i>fiesta chicken with black beans, rice, cheddar 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>	Cheesy Quesadilla <i>melted cheddar cheese and pico de gallo inside a grilled, folded tortilla V</i>
	Grilled Cheese Sandwich <i>mely American cheese sandwiched between two slices of grilled whole wheat bread</i>	Pizza Burger <i>beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a whole wheat bun</i>	Mozzarella Sticks with Homemade Marinara Sauce V	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>
	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 dinner roll V</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>
	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</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 Deli Style Coleslaw Potato Salad Fresh Orange Red Delicious Apple</i>	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</i>	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Orange 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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	BBQ Turkey Wrap <i>Boar's Head turkey breast, bbq sauce, lettuce and tomato on a whole wheat Wrap</i>	Caesar Chicken Wrap <i>caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled with caesar dressing</i>	Tuna Salad in a Pita Pocket <i>tuna salad stuffed inside a pita 🍎</i>	Turkey Melt <i>thinly sliced turkey breast and melted American cheese on toasty bread</i>	Chicken Salad on Club Roll <i>chicken salad, made with only white meat, on a whole wheat club roll 🍎</i>
	Bacon Pizza <i>whole wheat pizza dough topped with tomato sauce, cheese and crispy bacon 🍎</i>	Broccoli & Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with broccoli and mozzarella V</i>	Pepperoni Calzone <i>whole grain calzone with pepperoni and ricotta cheese 🍎</i>	Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce in fresh pizza dough</i>	Three Cheese Calzone <i>whole grian calzone with mozzarella, parmesan and ricotta cheese V</i>
	Cajun Chicken Mac & Cheese <i>pasta with chicken, sauteed peppers and onions, roasted garlic, pepperjack cheese and Cajun spices in a creamy cheese sauce Broccoli Florets</i>	Cuban Melt <i>ham and mozzarella on a whole wheat club roll 🍎</i>	Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i>	Crispy Chicken & Cheese Sandwich <i>crispy chicken patty and American cheese on a whole wheat bun</i>	Pancakes and Turkey Sausage <i>light and fluffy pancakes served with a turkey sausage patty Hash Browns</i>
	Chicken Burrito <i>fiesta chicken with black beans, rice, cheddar 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>	Cheesy Quesadilla <i>melted cheddar cheese and pico de gallo inside a grilled, folded tortilla V</i>
	Grilled Cheese Sandwich <i>melt American cheese sandwiched between two slices of grilled whole wheat bread</i>	Pizza Burger <i>beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a whole wheat bun</i>	Mozzarella Sticks with Homemade Marinara Sauce <i>V</i>	Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i>	Buffalo Chicken Sandwich <i>spicy chicken patty with lettuce and tomatoes on a club roll</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 dinner roll V</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>
	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</i>	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</i>	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad 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 Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</i>

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AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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AVAILABLE DAILY: Boar's Head Turkey, Buffalo Chicken and Ham, American, Swiss or Provolone Cheese, Lettuce, tomato, peppers, onions, olives and pickles					
 La Cucina ITALIAN BISTRO	Bacon Pizza <i>whole wheat pizza dough topped with tomato sauce, cheese and crispy bacon 🍎</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>	Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce in fresh pizza dough</i>	Three Cheese Calzone <i>whole grian calzone with mozzarella, parmesan and ricotta cheese 🍎</i>
AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice					
 CHEF PRODUCTIONS Enticing Homestyle Cuisine	Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i>	Mac & Cheese <i>whole grain elbow pasta in a creamy cheese sauce 🍎</i>	Jamaican Beef Patty <i>golden flaky pastry dough stuffed with beef simmered in a delicious spicy sauce 🍎 Yellow Rice</i>	Texas Rib Sandwich <i>boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun Baked Potato Wedges</i>	French Toast Sticks & Turkey Sausage <i>whole grain French toast sticks, served with turkey sausage Hash Browns</i>
 Coyote Grill Southwestern cuisine with a bite	Chicken Burrito <i>fiesta chicken with black beans, rice, cheddar 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>	Cheddar Quesadilla <i>melted cheddar cheese inside a grilled folded tortilla with pico de gallo 🍎</i>
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 ARE JUST THE BEGINNING	Grilled Cheese Sandwich <i>mely American cheese sandwiched between two slices of grilled whole wheat bread</i>	Pizza Burger <i>beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a whole wheat bun</i>	Mozzarella Sticks with Homemade Marinara Sauce <i>🍎</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>
AVAILABLE DAILY: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on Whole Wheat Roll					
 FRESH FRUIT EXPRESS 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</i>	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 Twin Whole Wheat Dinner Rolls & Low Fat Dressing					
 Healthy Harvest	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Orange Red Delicious Apple</i>	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Orange Red Delicious Apple</i>	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Orange Red Delicious Apple</i>	Romaine Salad w/ Tomato <i>Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad 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>

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 AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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	NO SCHOOL	Chicken Caesar Salad <i>grilled chicken over a bed of romaine lettuce, topped with parmesan cheese, homemade croutons and caesar dressing, served with a dinner roll</i>			
		Broccoli & Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with broccoli and mozzarella</i> V			
		BBQ Chicken <i>tender chicken marinated in bbq sauce</i> Baked Crinkle Fries			
		Beefy Cheesy Nachos <i>crispy tortilla chips topped fiesta style beef and cheese sauce</i>			
		Pizza Burger <i>beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a whole wheat bun</i>			
		Antipasto Salad with 2 Dinner Rolls <i>salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad</i>			
		Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw			

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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 Roll

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

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