

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

		<p>Tuna Salad Wrap* <i>fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap</i></p>	<p>Ham &amp; 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>Broccoli Cheddar Pizza <i>fresh whole grain pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli florets</i></p>	<p>Chicken Pepperoni Pizza Pops <i>garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices</i></p>	<p>Chicken Fajita Pizza <i>cheesy pizza slice topped with fajita chicken, onions and peppers</i></p>	<p>Grilled Vegetable Pizza <i>grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella</i></p>
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
		<p>Chicken Fajita Stir Fry Over Pasta <i>fajita chicken tossed with vegetables served over whole grain spaghetti</i></p>	<p>Beef Lasagna Roll-Ups <i>rolled up lasagna noodles, stuffed with ricotta and parmesan cheeses, ground beef, tomato sauce and melted mozzarella cheese.</i></p>	<p>Buffalo Chicken Quesadilla <i>buffalo chicken and melted cheddar cheese pressed inside a whole wheat tortilla</i></p>	<p>Waffles with Turkey Sausage <i>light and crisp whole grain waffles served with a sausage patty Hash Browns</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>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 &amp; 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 &amp; Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls &amp; Lowfat Dressing</p>					
		<p>Chicken &amp; 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 &amp; 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>
<p>AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce</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

\*\*\*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. If you have a food allergy, please speak to the Director or Lead Server. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director.



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<p>Caesar Chicken Wrap caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled with caesar dressing</p>	<p>Egg Salad Wrap freshly made egg salad with lettuce and tomato in a whole wheat wrap </p>		<p>Vegetarian Wrap mozzarella cheese, cucumbers, tomatoes, olives, red onions on a tortilla wrap spread with hummus </p>	<p>Turkey BLT Wrap whole grain wrap, turkey bacon, lettuce and tomatoes</p>
<p>AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap</p>					
	<p>Pizza Bites cheese and tomato sauce baked in a crispy whole grain pocket</p>	<p>Pepper &amp; Onion Pizza fresh whole grain pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions </p>		<p>Buffalo Chicken Pizza Pops crispy pizza dough stuffed with cheddar cheese, buffalo chicken and ranch dressing</p>	<p>Margherita Pizza whole wheat pizza dough topped with tomato sauce, mozzarella, fresh tomatoes and basil </p>
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the slice</p>					
	<p>Barbecued Chicken cut up chicken smothered in a spicy barbecue sauce Mashed Potatoes</p>	<p>Mexi Macaroni &amp; Cheese tender pasta with beef, jalapeño, pepper jack cheese and tomatoes in a creamy cheese sauce Carrots</p>		<p>Cheesy Stuffed Breadsticks gooey mozzarella cheese filled whole wheat sticks great for dunking in your favorite sauce </p>	<p>Turkey Sausage, Egg and Cheese on a Bagel turkey sausage patty, egg and melted American cheese on a whole wheat bagel Broccoli Tips w/ Ranch Dip</p>
	<p>Buffalo Chicken Sandwich spicy chicken patty with lettuce and tomatoes on a club roll</p>	<p>Grilled Mozzarella on Garlic Bread toasted garlic bread sandwich stuffed with mozzarella </p>		<p>Chicken Parm Sandwich lightly breaded chicken breast patty topped with melted mozzarella and tomato sauce on a toasted whole grain</p>	<p>Pizza Burger beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce 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>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 &amp; Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls &amp; Lowfat Dressing</p>					
	<p>Taco Tacos fiesta beef wrapped in a crispy tortilla shell with pico de gallo, cheddar cheese and lettuce</p>	<p>Chicken &amp; Cheese Quesadilla fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla</p>		<p>Pico &amp; 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 Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Banana</p>	<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Empire Apple Fresh Orange</p>		<p>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Bartlett Pear</p>	<p>Celery Sticks Romaine Salad w/ Tomato Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Fresh Orange</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

\*\*\*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. If you have a food allergy, please speak to the Director or Lead Server. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director.



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<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 &amp; Cheese Sushi Roll thinly sliced ham and American cheese rolled up sushi style in whole wheat bread</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 &amp; 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</p>	<p>Chicken Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices</p>		<p>Grilled Vegetable Pizza grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella</p>
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Buffalo Style Baked Chicken Tenders crispy chicken tenders perfect for dunking in our buffalo sauce and served with carrot and celery sticks Broccoli Florets</p>	<p>Burger Bar all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun</p>	<p>Pasta with Meat Sauce* whole grain penne pasta topped with meat sauce</p>		<p>General Tso's Chicken crispy chicken with broccoli in General Tso's sauce</p>
	<p>Texas Rib Sandwich boneless BBQ rib meat slathered in tangy barbecue sauce and served 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>Turkey Bacon Cheeseburger beef cheeseburger topped with turkey bacon, lettuce and tomato, on a whole wheat hamburger 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 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 &amp; 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dressing</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 &amp; Chicken Caesar Salad, Served with 2 Whole Wheat Dinner Rolls &amp; 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 &amp; 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>Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour</p>
<p>AVAILABLE DAILY: Crunchy or Soft Taco and Nacho Chips - Topping Include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Sauce</p>					
	<p>Romaine Salad w/ Tomato Celery Sticks Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Banana Empire Apple</p>	<p>Celery Sticks Romaine Salad w/ Tomato 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 Banana Fresh Apple</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

\*\*\*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. If you have a food allergy, please speak to the Director or Lead Server. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director.



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<p>Caesar Chicken Wrap caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled with caesar dressing</p>	<p>Egg Salad Wrap freshly made egg salad with lettuce and tomato in a whole wheat wrap </p>			<p>Turkey BLT Wrap whole grain wrap, turkey bacon, lettuce and tomatoes</p>
<p>AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap</p>					
	<p>Pepperoni &amp; Cheese Stromboli garlic toasted whole grain pizza crust filled with pepperoni, melted mozzarella cheese and marinara sauce </p>	<p>Tossed Salad Pizza whole wheat pizza dough topped with tossed greens, tomatoes and balsamic vinaigrette </p>			<p>Pizza Bites cheese and tomato sauce baked in a crispy whole grain pocket</p>
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Chicken Nuggets 6 white meat chicken nuggets</p>	<p>Cheeseburger Mac &amp; Cheese pasta and ground beef tossed in an American and cheddar cheese sauce</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>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>Turkey Bacon Cheeseburger beef cheeseburger topped with turkey bacon, lettuce and tomato, on a whole wheat hamburger 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>Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</p>
<p>AVAILABLE DAILY: Garden Salad, Chef Salad &amp; Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls &amp; 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 &amp; Cheese Quesadilla fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla</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 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 Cucumber Coins Fresh Apple Fresh Orange</p>			<p>Romaine Salad w/ Tomato Celery Sticks Baby Carrots Garbanzo Beans Cucumber Coins Honeydew Melon Cup Cantaloupe</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

\*\*\*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. If you have a food allergy, please speak to the Director or Lead Server. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director.



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<p>Turkey Ranch Wrap <i>Boar's Head turkey breast with lettuce, tomato and ranch on a whole wheat wrap</i></p>				
<p>AVAILABLE DAILY: Ham, Turkey and Buffalo Chicken on a Whole Wheat Wrap</p>					
	<p>Buffalo Chicken Stromboli <i>zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough</i></p>				
<p>AVAILABLE DAILY: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Philly Cheese Steak Sandwich <i>thinly sliced steak with sauteed peppers and onions and melted mozzarella on a whole wheat kaiser roll</i> <i>Baked Sweet Potato Fries</i></p>				
	<p>Smokehouse Chicken Sandwich <i>tender white meat chicken patty topped with bbq sauce on a soft bun</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>AVAILABLE DAILY: Garden Salad, Chef Salad &amp; Chicken Caesar Salad served with 2 Whole Wheat Dinner Rolls &amp; Lowfat Dressing</p>					
	<p>Beef Burrito Bowl <i>brown rice, topped with fiesta style beef, black beans, lettuce, sautéed onions and peppers, pico de gallo and baked tortilla strips</i></p>				
<p>AVAILABLE DAILY: Crunchy or soft Taco and nacho chips, toppings include: salsa, sour cream, lettuce and cheddar cheese sauce</p>					
	<p>Celery Sticks Fresh Orange Romaine Salad w/ Tomato Garbanzo Beans Baby Carrots</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

\*\*\*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. If you have a food allergy, please speak to the Director or Lead Server. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director.

