



Dairy/Milk [D] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH

LUNCH

LUNCH

LUNCH

LUNCH



Italian
2 Chicken Tenders [G][S] (2 oz)
PC Marinara Sauce [T]
1oz WG Breadstick [D][G][S]
¼ c Baby Carrots
EHS Steamed
½ Apple (2-3 Slices) EHS Applesauce
¾ c Milk [D]

Veg: 3 Chix Tenders [G][S]

1 1/2 oz Turkey (3 slices)
1 Sl Cheddar Cheese (1/2 oz) [D]
1 WG Bread [G][S][C]
1/4 c 3 Bean Salad
¼ c Tropical Fruit Salad
¾ c Milk

Veg: ½ c Yogurt [D] 1 oz m/m & 1 oz String Cheese [D] oz m/m

**MARTIN LUTHER
KING DAY
NO SCHOOL**

Breakfast For Lunch
2 WG French Toast
Bites [D][E][G][S][C] w Syrup [C] (1.02 oz Grain)
4 Turkey Sausage Bites [S] (2 oz)
¼ c Home Fries (Poppin Potatoes)
¼ c Honeydew
¾ c Milk [D]

Veg: 1 Hard Boiled Egg [E]

Fiesta Beans & Rice
½ c Red Beans [T] (2 oz m/m)
¼ c WG Rice
¼ c Broccoli w Ranch [D][E][S]
¼ c Pineapple
¾ c Milk [D]

Veg: Same

Use Your Noodle Bake
½ c Beef & Macaroni Pasta Bake #8 [D][T][G]
• 2 oz Beef, ¼ c WG Noodles (½ oz)
½ c Field Green Salad w Ranch [D][E][S]
2 Orange Wedges
¾ c Milk [D]

Veg: ½ c Cheesy Macaroni Pasta Bake [D][T][G] w 1 Mozzarella Cheese Stick [D]

Let's have a Picnic
2 oz CN Hamburger Patty [S]
1 WG Bun [G][S]
½ c Spinach Salad w Ranch [D][E][S]
EHS 1/8 c Cucumber Slices
¼ c Cantaloupe EHS Diced
¾ c Milk [D]

Veg: ½ c Hummus ½ WG w Pita [G][S][C] (1 oz g)

Stick to Your Ribs
3 Meatballs [D][T][G][S] (1 ½ oz) w Marinara Sauce [T]
¼ c WG Penne Pasta [G] (½ oz Grain)
PC Parmesan Cheese [D]
¼ c Petite Broccoli w Veggie Dip [D][E][S] EHS Steamed
½ Apple (2-3 Slices) EHS Applesauce
¾ c Milk [D]

Veg: 3 Veggie Meatballs [G][S] or [E]

Tooty Fruity Salad
2 oz Oven Fried Chicken Leg EHS 2 Chicken Tender
1 oz WG Corn Muffin [E][G][S][C]
¼ c Steamed Greens
¼ c Tropical Fruit Salad
¾ c Milk [D]

Veg: 4 oz Yogurt [D] with 1 oz String Cheese [D]

Chili Tater
½ c Chili con Carne [T][C]
1 oz WG Corn Muffin [E][G][S][C]
¼ c Roasted Potatoes
¼ c Pears
¾ c Milk [D]

Veg: Vegetarian Chili [T][C]

Finger Lickin Good
2 Tyson Chicken Tenders [G][S][C]
1 oz Cornbread [D][E][G][C]
¼ c Broccoli w Ranch [D][E][S]
2 Orange Wedges
¾ c Milk [D]

Veg: 3 Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/m

Arroz con Pollo
¼ c Diced Chicken w ¼ c Vegetables (Bell Pepper, Onion Tomatoes)
¼ c WG Rice
¼ c Pineapple
¾ c Milk [D]

Veg: 3 Chickless Nuggets [G][S]

Buen Appetito
½ c Beef Picadillo #8 [T]
1 ½ oz Meat
¼ c WG Rice (½ oz Grain)
½ c Spinach Salad w Creamy Italian [S]
¼ c Pears
¾ c Milk [D]

Veg: ¾ c Bean Picadillo [T]

Catch & Release Sandwich
3 oz WG CN Fish Fillet [D][G][S][C][F]
¼ c WG Rice (½ oz Grain)
¼ c Cole Slaw [E][S][C]
¼ c Honeydew
¾ c Milk [D]

Veg: 6 oz Yogurt [D]

Asian
¼ c Honey Glazed Chicken [S] (1.5 oz Meat)
¼ c WG Brown Rice (½ oz Grain)
¼ c Broccoli w Ranch [D][E][S]
¼ c Mandarin Oranges
¾ c Milk [D]

Veg: 3 Honey Glazed Chickenless Nuggets* [E][G][S][C]

Make Your Own Tuna Boat
¼ c Tuna Fish [G][E][S][C][F]
½ slice Cheddar Cheese [D]
1 WG Hot Dog Bun [G][C] (2 oz)
¼ c Baby Carrots Oars
½ c EHS 1/8 c Zucchini Slices
¼ c Honeydew
¾ c Milk [D]

Veg: ¼ c Chickpea salad [E][S][C]

Buen Appetito
½ c Beef Picadillo #8 [T]
1 ½ oz Meat
¼ c WG Rice (½ oz Grain)
½ c Spinach Salad w Creamy Italian [S]
¼ c Pears
¾ c Milk [D]

Veg: ¾ c Bean Picadillo [T]

Make Your Own Burrito
¼ c Black Beans [C][T] & 1/8 c Monterrey Cheese [D] (1 ½ oz Meat Alternate)
2-6 in WW Tortilla [G][S] (1 oz)
PC Mild Salsa [T]
½ c Shredded Kale Blend
¼ c Pineapple
¾ c Milk [D]

Veg: Same

Comfort Lunch
½ c Macaroni & Cheese [D][E][G][S][C]
¼ oz Cheese; ¼ c WG Noodles ½ oz
3/8 c Vegetarian Baked Beans (1 ½ oz Meat Alternate)
½ c Spinach Salad w Italian [S][C]
EHS Zucchini Sticks
¼ c Peaches
¾ c Milk [D]
Veg: Same

Make Your Own Pizza
½ WW English Muffin [D][G][S] 1 oz
2 TBSP Shredded Mozzarella Cheese [D]
1 oz String Cheese [D]
¼ c Marinara Sauce (Hot) [T]
½ c Spinach Salad w Italian [S][C]
EHS Zucchini Sticks
¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)
¾ c Milk [D]
Veg: Same

Tooty Fruity Salad
1 Cheese Manicotti [D][E][G][C] w Tomato Basil Sauce [T]
1 ½ oz Cheese, 2 oz WG Grain (2.75 oz)
½ c Field Greens Salad w Ranch [D][E][S] EHS 1/8 c Steamed Yellow Squash
¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)
¾ c Milk [D]

Veg: Same

Make Your Own Burrito
¼ c Black Beans [C][T] & 1/8 c Monterrey Cheese [D] (1 ½ oz Meat Alternate)
2-6 in WW Tortilla [G][S] (1 oz)
PC Mild Salsa [T]
½ c Shredded Kale Blend
¼ c Pineapple
¾ c Milk [D]

Veg: Same