

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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| 2 Whole Grain Turkey Corn Dog or Chef Salad | 3 Ham & Cheese Wrap or Chicken Nuggets | 4 Beef Enchilda or Asian Chicken Salad | 5 Cheese Quesadilla or Chicken Caesar Salad Snickerdoodle | 6 Toasted Cheese Sandwich or Turkey Wrap |
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Calories. 704 Sat.Fat. 7.52% Vitamin A .3752 IU Vitamin C. 42.68mg Calcium 446.50mg Protein 15.82% Carbs 62.93%

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|---|--|------------------------|---|--|
| 9 Chef Salad or Trout Treasures w/ Fries | 10 Chicken Broccoli Chopsticks or Yogurt w/ Fresh Fruit | 11 No School | 12 Chicken Ranch Wrap or Stromboli Carnival Cookie | 13 Chicken Caesar Salad or Beef & Cheddar Cheese Nachos |
|---|--|------------------------|---|--|

Calories. 727 Sat.Fat. 7.28% Vitamin A .3772 IU Vitamin C. 42.24mg Calcium 451.25mg Protein 15.57% Carbs 63.963%

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| 16 Baked Chicken Nuggets or Yogurt w/ Fresh Fruit | 17 Brunch or Turkey & Cheese Wrap | 18 Turkey Gravy w/ Mashed Potatoes or Asian Salad | 19 Meatball Calzone or Chicken & Cheese Wrap Mini Cinnamon Roll | 20 Half Day Conferences |
|--|--------------------------------------|--|--|----------------------------|

Calories. 709 Sat.Fat. 6.82% Vitamin A .3693 IU Vitamin C.44.10mg Calcium 416.84mg Protein 15.54% Carbs 64.58%

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| 23 Half Day Conferences | 24 Half Day Conferences | 25 Half Day | 26 No School | 27 No School |
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| 30 Meatball Sub or Veggie & Cheese Wrap |
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Every lunch includes an unlimited offering bar. Kids can fill their plates with all the fruits and veggies they desire. A variety of options are offered daily which may include the following:

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|--------------|---------------|-----------|-----------|
| salad | mix w/spinach | coleslaw | oranges |
| carrots | cauliflower | apples | broccoli |
| yogurt | bananas | cucumbers | corn/peas |
| dried fruit. | | | |

Calories. 719 Sat.Fat. 6.81% Vitamin A .3136 IU Vitamin C. 36.86mg Calcium 393.83mg Protein 15.90% Carbs 64.06%

A Meal Includes: Entree, Unlimited selections from the Offering Bar and a Milk.

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------------|----------------|------------------|-----------------|---------------|
| Grilled Items: | Chicken | Cheese Burger | Hamburger | Chicken | Cheese Burger |
| Pizza: | Pizza | Pizza Sticks | Pizza | Pizza Sticks | Pizza |

OUR DELI OFFERS THE FOLLOWING DELICIOUS SANDWICHES ON A DAILY BASIS:

| | |
|--------------|----------------|
| HAM & CHEESE | TUNA SALAD |
| TURKEY | HERO COMBO SUB |
| EGG SALAD | |