

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Students 1-18 Free Adults \$3.50	2 Spaghetti w/Meatsauce -1/2 c Breadstick -1 Lettuce -1/2 c. Broccoli -1/2 c Peaches -1/2 c Grapes -1/2 c Skim/Choc milk -1c	3 Chicken Patty - 3 oz. WW Bun -3 oz Mixed Vegetables - 1/2 c Cucumbers -1/2 c. Carrots -1/2 c Cantaloupe -1/2 c Applesauce -1/2 c Skim/Choc milk	4 No Lunch Holiday	5 Italian Chicken patty -3 oz.WW Bun -3 oz Peas -1/2 c Broccoli -1/2 c Cauliflower -1/2 c Pears -1/2 c Strawberries -1/2 c Skim/Choc milk -1 c	6 Hot Dog -1 = 2 oz. WW Bun -2 oz Green Beans - 1/2 c Cucumbers -1/2 c. Coleslaw -1/2 c Applesauce -1/2 c Fresh fruit -1/2 c Skim/Choc milk -1 c	7
8	9 Chicken Strips -3 =3 oz Carrots - 1/2 c B&B - 1sli/1 t Tomatoes -1/2 c. Carrots -1/2 c Orange slices -1/2 c Skim/Choc milk -1 c	10 Maid-rite 1/2 c =3 oz. WW Bun - 3 oz Potato salad - 1/2 c Broccoli -1/2 c. Cauliflower -1/2 c Grapes -1/2 c Applesauce -1/2 c Skim/Choc milk -1 c	11 Pizza Casserole -1/2 c Garlic bread -1 Lettuce -1/2 c Broccoli -1/2 c. Carrots -1/2 c Pears -1/2 c Watermelon -1/2 c Skim/Choc milk -1 c	12 Sub Sandwich 3 oz/3 oz Baked chips - 1 oz Pasta salad -1/2 c Peppers -1/2 c. Cucumbers -1/2 c Cantaloupe -1/2 c Pears -1/2 c Skim/Choc milk -1 c	13 Mr. Rib - 3 oz. WW Bun -3 oz Mixed Vegetables -1/2 c Broccoli -1/2 c. Carrots -1/2 c Applesauce -1/2 c Fresh fruit -1/2 c Skim/Choc milk -1 c	14
15	16 Hamburger -2.10 oz. WW Bun -3 oz Potato -1/2 c Cauliflower -1/2 c. Carrots -1/2 c Mandarin Oranges -1/2 c Strawberries -1/2 c Skim/Choc milk -1 c	17 Pepperoni Pizza - 4.48 oz Lettuce salad -1/2 c Carrots - 1/2 c. Broccoli - 1/2 c Grapes -1/2 c Peaches -1/2 c Skim/Choc milk -1 c	18 Mini Corn Dogs 5 =4 oz Green beans -1/2 c Pasta salad-1/2 cCarrots-1/2 c Pears -1/2 c Canteloupe -1/2 c Skim/Choc milk -1 c	19 Hot Ham & Cheese/WW Bun -3/3oz Green beans -1/2 c Carrots -1/2 c. Broccoli - 1/2 c Applesauce -1/2 c Grapes -1/2 c Skim/Choc milk -1 c	20 Chicken Nuggets -5. Broccoli/Cheese -1/2 c Celery -1/2 c. Cauliflower -1/2 c Watermelon -1/2 c Cantaloupe -1/2 c Skim/Choc milk -1c	21
22	23	24	25	26	27	28
29	30	31	USDA is an equal opportunity provider and employer			