

Monday	Tuesday	Wednesday	Thursday	Friday
Specialty Pizza: White Vegetable 🍄 or Buffalo Chicken				
2 Game On Chicken Parmesan Rosa Sandwich FEATURED VEGGIES Celery Sticks	3 Chin Up Mashed Potato Bowl w/ WG Scooby Snacks FEATURED VEGGIES Mashed Potatoes & Gravy Corn	4 WG Push Up Pancakes w/Syrup & Power Sausage Links OR 2 Cheese Sticks  FEATURED VEGGIES Tater Triangles	5 Super Subs FEATURED VEGGIES Strawberry Spinach Salad	6 Gratifying WG Grilled Cheese Sandwich  FEATURED VEGGIES Cream of Tomato Soup
Specialty Pizza: Sausage Pizza 🐷 or Pickle Pizza				
9 Mountain Climber Italian Meatball Sub on a WG Bun FEATURED VEGGIES Sidewinder Fries	10 Street Eats WG Beef Walking Taco w/ Tostito Scoops & a WG Dinner Roll FEATURED VEGGIES Red Pepper Strips	11 Take A Walk WG Waffles w/a Fried Chicken Leg FEATURED VEGGIES Green Beans	12 BBQ Ripped Ribby on a Whole Grain Bun  FEATURED VEGGIES Corn	13 Jump Back Mac & Cheese w/a WG Dinner Roll  Cotton Candy Ice Cream FEATURED VEGGIES Romaine Side Salad
Specialty Pizza: BBQ Chicken or Vegetable 🍄				
16 Healthy Habit Ham & Cheese on a WG Bun  FEATURED VEGGIES Tater Triangles	17 WG Speed Walking Taco w/Chicken & Nacho Cheese Doritos & Choc Chip Cookies FEATURED VEGGIES Tomatoes	18 Greek Downward Dog on a WG Bun  FEATURED VEGGIES Vegetarian Baked Beans	19 Go Getter Goulash FEATURED VEGGIES Romaine Side Salad	20 BUFF-alo Chicken Dip w/WG Tortilla Chips FEATURED VEGGIES Red Pepper Strips
Specialty Pizza: Mac & Cheese 🍄 or Buffalo Chicken				
23 Chicken Ninja Nuggets w/a Whole Grain Dinner Roll FEATURED VEGGIES Cucumber Slices	24 All Star WG Soft Shell Beef Tacos FEATURED VEGGIES Red Pepper Strips	25 Super Power Hot Turkey Sandwich w/Gravy FEATURED VEGGIES Broccoli	26 Tough Guy Chicken Tenders w/a WG Dinner Roll FEATURED VEGGIES Peas	27 Keep Pushin' Pepperoni & Cheese Calzone w/Pizza Sauce  FEATURED VEGGIES Romaine Side Salad
*Free breakfast & lunch available to all students when school is in session.				

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Meat/Meat Alternative
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable May Include:

Dark Green: spinach, broccoli, romaine salad
Red/Orange: carrots, sweet potatoes, tomatoes & red peppers
Legumes: beans & chick peas
Starchy White: potatoes, corn, peas & lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans & cabbage

Choice of Fruit May Include:

Oranges, apples, bananas, fruit juice, pears, peaches, strawberries, applesauce, pineapple & mandarin oranges

Choice of Milk

1% white, fat-free white, fat-free chocolate

Daily Entrée Options May Include

- WG Chicken Patty on a Bun
- Assorted Fresh Dough Pizza
- Smucker's WG Uncrustables Peanut Butter & Jelly 🍄
- Sub Sandwiches
- Double Cheese Stick Combo w/ WG Mini Loaf & WG Goldfish Crackers 🍄
- Garden Entrée Salad 🍄
- Turkey Entrée Salad 🍄

*Salads Served with WG Goldfish Crackers and a WG Dinner Roll

*All grains served are whole grain.

*All turkey lunch meat and pepperoni served is Halal

🍄 Vegetarian
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(WG) Whole Grain
🍷 Halal 🐷 Contains Pork

Jenny Patterson: General Manager
Jean Viglione: Registered Dietitian
Suzanne Robertson: Operations Manager
Jess Kremer: Executive Chef

Lisa Kaschak: Culinary
Center Kitchen Manager
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

