

### Monday



#### Cheese Ravioli Dippers **7**

w/ a Marinara cup & WG Slider

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Egg, Cheese, WG Roll, & Croutons

Sides: Brussels Sprouts, Milk, Juice, & Fruit

#### Mac & Cheese **14**

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Egg, Cheese, WG Roll, & Croutons

Sides: Green Beans, Milk, Juice, & Fruit

#### Meatloaf **21**

w/ WG Biscuit

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Egg, Cheese, WG Roll, & Croutons

Sides: Mashed Potatoes, Milk, Juice, & Fruit

#### Chicken and Rice Soup **28**

w/ WG cheese filled breadstick

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Egg, Cheese, WG Roll, & Croutons

Sides: Asparagus, Milk, Juice, & Fruit

### Tuesday

#### Fajita Chicken **1**

w/ 2 oz WG Tortilla

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Fajita veggies, side salad, Milk, Juice, & Fruit

#### Beef Burrito **8**

w/ Sour Cream & Taco Sauce

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Corn, Side Salad, Milk, Juice, & Fruit

#### Beef Empanada **15**

w/ Salsa

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Mexican Street Corn, Tomatoes, Milk, Juice, & Fruit

#### Chicken Burrito **22**

w/ Taco Sauce & Saur cream

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Black Beans, Milk, Juice, & Fruit

#### Buffalo Chicken Dip **29**

w/ Corn chips

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Celery, Carrots, Milk, Juice, &

### Wednesday

#### Popcorn chicken **2**

In a Waffle Bowl w/ WG Biscuit

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Popcorn Chicken, Cheese, WG Roll, & Croutons

Sides: Sweet Potatoes, Milk, Juice, &

#### Crispy Chicken Sandwich **9**

w/ ketchup, mustard, & mayo

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Popcorn Chicken, Cheese, WG Roll, & Croutons

Sides: Cole Slaw, Baked Beans, Milk, Juice, & Fruit

#### Chicken Tenderloins **16**

w/ WG Biscuit, BBQ or Buffalo Sauce

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Popcorn Chicken, Cheese, WG Roll, & Croutons

Sides: Ranch Chickpeas, Milk, Juice, &

#### Corn Dog **23**

w/ Ketchup & Mustard

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Popcorn Chicken, Cheese, WG Roll, & Croutons

Sides: Pickles, Milk, Juice, & Fruit

#### Cheeseburger **30**

w/ toppings, ketchup, & mayo

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Popcorn Chicken, Cheese, WG Roll, & Croutons

Sides: Tater Tots, Milk, Juice, & Fruit

### Thursday

#### Fried Rice **3**

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Edamame, Milk, Juice, & Fruit

#### Sweet and Sour Meatballs **10**

w/ WG Pita Bread

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Red Pepper Sticks w/ Ranch, Milk, Juice, & Fruit

#### Butter Chicken **17**

w/ Rice

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Broccoli, Carrots, Milk, Juice, & Fruit

#### Cheesy Chicken Sub **24**

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Sweet Potato Fries, Milk, Juice, & Fruit

### Friday

#### Pizza: Cheese or Pepperoni **4**

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Chicken, Cheese, WG Roll, & Croutons

Sides: Carrots, Corn, Milk, Juice, & Fruit

#### Pizza: Cheese or Pepperoni **11**

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Chicken, Cheese, WG Roll, & Croutons

Sides Caesar Salad, Carrots, Milk, Juice, & Fruit

#### Pizza: Cheese or Sausage **18**

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Chicken, Cheese, WG Roll, & Croutons

Sides: Red and Green Peppers, Milk, Juice, & Fruit

#### French Bread Pizza: Cheese or Pepperoni **25**

PBJ Sandwich w/ Cheese Stick

Salad Bar w/ Diced Chicken, Cheese, WG Roll, & Croutons

Sides: Caesar Salad, Milk, Juice, & Fruit

**Harvest of the Month: Bell Pepper.** The bell pepper is the only member of the pepper family that does not produce capsaicin. Bell peppers can be eaten at any stage of development, however the vitamin C and carotenoid content {so all the healthy things about peppers!} of bell peppers increases with ripeness. Red/yellow/orange bell peppers are simply green bell peppers that have been left on the vine to continue to ripen. <https://blog.aghires.com/> Look for these delicious peppers this month!!

At lunch, we are required to offer five components. Students are required to take 3 of the 5 components, one of those must be a serving of fruit or vegetable to be counted as reimbursable. We encourage students to take all 5.

This Institution is an Equal Opportunity Provider

**Components:**

- Bread/grain
- Fruit
- Vegetable
- Milk
- Meat/Meat Alternate