



## Lunch Menu



**Nutrition Tip:** Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY



### TUESDAY

### WEDNESDAY



### THURSDAY

### FRIDAY

Mini Corn Dog  
Tater Tots, Carrots  
Salad, Peaches & Milk  
Alt: Pizza

Crispy Chicken Wrap  
Salad, Green beans  
Pears & Milk  
Alt: Pizza

BBQ Rib Sandwiches  
Smiles, Corn,  
Mixed Fruit & Milk  
Alt: Pizza

Cheese Lasagna  
Breadstick, Green Beans  
Pineapples & Milk  
Alt: Burger

Pizza  
Baked Chips. Oranges  
Carrots & Peas & Milk  
Alt: Burger

Popcorn Chicken, Roll  
Mashed Potatoes, Gravy  
Peas, Oranges & Milk  
Alt: Chicken Patty

Soft Taco, Rice  
Salad, Corn, Churro  
Mixed Fruit & Milk  
Alt: Chicken Patty

Grilled Cheese  
Tomato Soup, Carrots  
Peaches & Milk  
Alt: Chicken Patty

Pasta w/ meat sauce  
Breadstick, Green Beans  
Pears & Milk  
Alt: Chicken Patty

Pizza  
Baked Chips, Broccoli  
Pineapples & Milk  
Alt: Chicken Patty

Chicken & Bisquit  
W/ Gravy, Mashed Potatoes  
Green Beans, Oranges & Milk  
Alt: Burger

Crazy Dipper Day  
Salad, Corn  
Pears & Milk  
Alt: Burger

Orange Chicken  
Rice, Oriental Vegetables  
Peaches & Milk  
Alt: Burger

Beef Ravioli  
Breadstick, Broccoli  
Pineapples & Milk  
Alt: Burger

**NO**  
**SCHOOL**

**NO**  
**SCHOOL**

**NO**  
**SCHOOL**

**NO**  
**SCHOOL**

**NO**  
**SCHOOL**

**NO**  
**SCHOOL**