

Monday
Tuesday
Wednesday
Thursday
Friday

6

 Meatball Penne*
 ½ Cup Green Beans
 Pears

Alt Cold: Turkey & Cheese Sandwich

7

 Cheesy Chicken and Rice*
 ¾ Cup Mixed Vegetables
 Apple Sauce

Alt Cold: Ham & Cheese Sandwich

1

 Italian Chicken and Rice*
 1 Cup Romaine
 Apple

Alt Cold: Chicken Caesar Salad

2

 Hamburger
 Whole Grain Bun*
 ½ Cup Green Beans
 ¼ Cup Baby Carrots
 Banana

Alt Cold: Turkey & Cheese Sandwich

3

 Pancake on a Stick*
 GoGurt,
 ¾ Cup Potato
 Cantaloupe

Alt Cold: Ham & Cheese Sandwich

10
NO SCHOOL
13

 Taco Hot Dish* with
 ½ Cup Black Beans
 ¼ Cup Green Beans
 Peaches

Alt Cold: Turkey & Cheese Sandwich

14

 Chicken Penne Alfredo*
 ¾ Cup Peas and Carrots
 Fruit Cocktail

Alt Cold: Ham & Cheese Sandwich

15

 Salisbury Steak
 Whole Grain Rich Bread*
 ½ Cup Mashed Potatoes
 ¼ Cup Corn
 Apple

Alt Cold: Chicken Caesar Salad

16

 Chicken Patty
 Whole Grain Bun*
 ½ Cup Baby Carrots
 ¼ Cup Cucumbers
 Banana

Alt Cold: Turkey & Cheese Sandwich

17

 Pizza Hot Dish*
 1 Cup Romaine
 Cantaloupe

Alt Cold: Ham & Cheese Sandwich

20

 Spaghetti*
 ½ Cup Green Beans
 Pears

Alt Cold: Turkey & Cheese Sandwich

21

 Meatballs
 Whole Grain Rich Bread*
 ¾ Cup Mashed Potatoes
 Apple Sauce

Alt Cold: Ham & Cheese Sandwich

22

 Chicken Enchilada Hot Dish*
 with ½ Cup Black Beans
 ¼ Cup Peas
 Orange

Alt Cold: Chef Salad

23

 Pizza Hut Cheese Pizza Slice
 1 Cup Romaine
 Banana

Alt Cold: Turkey & Cheese Sandwich

24

 BBQ Chicken
 Whole Grain Rich Bun*
 ½ Cup Baby Carrots
 ¼ Cup Cup Cucumbers
 Pineapple

Alt Cold: Ham & Cheese Sandwich

27

 Beef Taco
 Whole Grain Tortilla*
 1 Cup Romaine
 ¼ Cup Black Beans
 Peaches

Alt Cold: Turkey & Cheese Sandwich

28

 Mac and Cheese*
 ½ Cup Diced Carrots
 ¼ Cup Broccoli
 Fruit Cocktail

Alt Cold: Ham & Cheese Sandwich

29

 Meatball Sandwich
 Whole Grain Rich Bun*
 ½ Cup Green Beans
 Apple

Alt Cold: Chicken Caesar Salad

30

 Turkey
 Whole Grain Rich Bread*
 ½ Cup Mashed Potatoes
 ¼ Cup Baby Carrots
 Banana

Alt Cold: Turkey & Cheese Sandwich

31

 Hamburger
 Whole Grain Rich Bun*
 ½ Cup French Fries
 ¼ Cup Baked Beans
 Cantaloupe

Alt Cold: Ham & Cheese Sandwich

Menus subject to change based on availability of items.

Menu items marked with (*) are whole grain rich.

NOTE: Menus may contain nuts, seeds, milk, egg, soybean, and other ingredients

Vegetable Serving Size = ¾ Cup unless otherwise noted