

Monday

Tuesday

Wednesday

Thursday

Friday

1

Corn Dog
¼ Cup Peas
Applesauce

Alt Cold: Ham & Cheese Sandwich

2

Chicken Taco
Whole Grain Tortilla, .5 oz. Cheese
½ Cup Black Beans
¼ Cup Lettuce
Orange

Alt Cold: Chef Salad

3

Pizza
1 cup Romaine
¼ Cup Cucumbers
Banana

Alt Cold: Ham & Cheese Sandwich

4

Hot Ham and Cheese
on a Whole Grain Bun
¼ Cup Baby Carrots
Pineapple

Alt Cold: Turkey & Cheese Sandwich

7

Mac and Cheese
Whole Grain Bread
¼ Cup Green Beans
Peaches

Alt Cold: Turkey & Cheese Sandwich

8

Meatballs
½ Cup Mashed Potatoes
¼ Cup Carrots
Whole Grain Bread
Fruit Cocktail

Alt Cold: Ham & Cheese Sandwich

9

Chicken Patty
Whole Grain Bun
1 Cup Romaine
¼ Cup Carrots
Apple

Alt Cold: Chicken Caesar Salad

10

Taco Hot Dish
With ½ Cup Black Beans
¼ Cup Corn
Cantaloupe

Alt Cold: Turkey & Cheese Sandwich

11

NO SCHOOL

14

Meatball Penne
Whole Grain Bread
½ Cup Corn
Pears

Alt Cold: Turkey & Cheese Sandwich

15

Cheesy Chicken and Rice
Whole Grain Bread
¾ Cup Diced Carrots
Applesauce

Alt Cold: Ham & Cheese Sandwich

16

NO SCHOOL

17

NO SCHOOL

18

NO SCHOOL

21

Spaghetti
Whole Grain Bread
¼ Cup Baby Carrots
Peaches

Alt Cold: Turkey & Cheese Sandwich

22

Turkey
Whole Grain Bread
¾ Cup Mashed Potatoes
Fruit Cocktail

Alt Cold: Ham & Cheese Sandwich

23

Beef Walking Taco
Doritos, .5 oz. Cheese
1 Cup Romaine
¼ Cup Corn
Apple

Alt Cold: Chef Salad

24

BBQ Chicken
Whole Grain Bun
¼ Cup Cucumbers
Honeydew

Alt Cold: Turkey & Cheese Sandwich

25

Chicken Enchilada Hot Dish
with ½ Cup Black Beans
¼ Cup Broccoli
Whole Grain Bread
Banana

Alt Cold: Ham & Cheese Sandwich

28

Chicken Penne Alfredo
Whole Grain Bread
¼ Cup Peas
Pears

Alt Cold: Turkey & Cheese Sandwich

29

Meatball Sandwich
Whole Grain Bun
½ Cup Baked Beans
Applesauce

Alt Cold: Ham & Cheese Sandwich

30

Teriyaki Chicken and Rice
with ¼ Cup Peas and Carrots
Whole Grain Bread
½ Cup Cucumbers
Orange

Alt Cold: Chicken Caesar Salad

31

Pizza
1.5 Cup Romaine
Banana

Alt Cold: Turkey & Cheese Sandwich

Menus subject to change based on availability of items.

This institution is an equal opportunity provider.

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

Vegetable Serving Size = ¼ Cup unless otherwise noted