

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**6**  
Mac & Cheese  
Freshly Roasted Beets  
*Roasted Zucchini*  
Warm Dinner Roll  
Fruit & Milk

**7**  
Chicken Tenders  
Roasted Sweet Potatoes  
Freshly Steamed Corn  
Garlic Breadstick  
Fruit & Milk  
*Baked Treat*

**1**  
Pasta or  
Roasted Spaghetti Squash  
W/ Choice of Sauces  
Cold Kale Salad \*\*\*  
Garlic Knot  
Fruit & Milk

**2**  
Brunch For Lunch  
Homemade Pancakes  
Scrambled Eggs  
Smiley Fries  
Mango Wango Juice  
Fruit & Milk

**3**  
**NO SCHOOL  
OR CAMP  
HAPPY 250<sup>TH</sup>  
BIRTHDAY AMERICA**

**13**  
Grilled Cheese  
w/wo Ham  
Cup of Tomato Soup  
Carrots Sticks w/ Hummus  
Fruit & Milk  
*Baked Treat*

**14**  
Nachos  
Beef\*\*\* & Cheese  
Corn & Tomato Salsa  
Black Beans  
Scratch Made Cornbread  
Fruit & Milk

**8**  
Choice of Pizza  
Caesar Salad\*\*\*  
W/ Homemade Croutons  
Roasted Carrot Medley  
Fruit & Milk

**9**  
Choice of Grinders  
Turkey, Ham Or Tuna,  
Choice of Cheese,  
Lettuce & Tomato  
*Cold Quinoa Salad*  
Chips, Fruit, Milk

**10**  
Choice of Hot Dog  
Or Burger On a Roll  
Red Bliss Potato Salad  
Baked Beans  
Watermelon  
Fruit & Milk

**15**  
*Baked Beef\*\*\* & Sausage Penne*  
Cold Broccoli Salad  
Garlic Breadstick  
Fruit & Milk

**16**  
Chicken Wings  
W/ Choice of Sauces  
Loaded Waffle Fries  
*Buffalo Cauliflower*  
W/ Ranch Dressing  
Fruit & Milk

**17**  
Choice of Hot Dog  
Or Burger On a Roll  
BBQ Sweet Potato Salad  
Baked Beans  
Fruit Sidekick  
Fruit & Milk

**20**  
Southwest Burrito Bowl  
Chicken or Beef  
Cilantro Rice, Corn,  
Black Beans, Salsa, Sour  
Cream, Guacamole  
Fruit & Milk

**21**  
*Chicken Bacon Ranch Pasta*  
Roasted Mixed Squash  
*Homemade Garlic Points*  
Fruit & Milk

**22**  
Choice of Pizza  
Caesar Salad\*\*\*  
W/ Homemade Croutons  
Roasted Carrot Medley  
Fruit & Milk  
*Baked Treat*

**23**  
Choice of Grinders  
Turkey, Ham Or Tuna,  
Choice of Cheese,  
Lettuce & Tomato  
Cold Kale Salad \*\*\*  
Chips, Fruit, Milk

**24**  
Choice of Hot Dog  
Or Burger On a Roll  
Red Bliss Potato Salad  
Baked Beans  
Watermelon  
Fruit & Milk

**27**  
Grilled Quesadillas  
Cheese, Veggie or Chicken  
*Couscous Tomato & Cucumber Salad*  
Salsa & Sour Cream  
Fruit & Milk

**28**  
General Tso's Chicken  
Fried Rice  
Steamed Edamame  
Baked Egg Rolls  
Fruit & Milk

**29**  
Pasta or  
Roasted Spaghetti Squash  
W/ Choice of Sauces  
Freshly Steamed Broccoli  
Garlic Knot  
Fruit & Milk

**30**  
Soy Ginger Chicken  
W/ Noodles & Veggies  
Fresh Sugar Snap Peas  
Fruit & Milk  
*Baked Treat*

**31**  
Choice of Hot Dog  
Or Burger On a Roll  
BBQ Sweet Potato Salad  
Baked Beans  
Fruit Sidekick  
Fruit & Milk

Alternative Meals Include: PB & J, or PB Only, Cheese Stick, Fruit, Veggie, Milk  
Yogurt Meals Includes Granola, Cracker, Fruit, Veggie, Milk  
Salad Bar Offers a Choice of Proteins, Choice of Grain, Fruit, Milk  
Offered Daily: Carrots & Hummus and A Variety of Fruits.

\*\*\*\* Indicates Purchased From a Local Farmer.  
We Also Offer Produce Grown By Our Own Students  
When Available!!