


### SAMPLE LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>LUNCH</b>					<b>Comfort Lunch</b> 1 ½ c Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz 3/8 c Vegetarian <b>Baked Beans</b> ½ c <b>Spinach</b> Salad w Italian ¼ c <b>Peaches</b> ¾ c Milk  <i>Veg: Same</i>	
		<b>Use Your Noodle Bake</b> 5 ½ c Beef & Macaroni Pasta Bake #8 • 2 oz Beef, ¼ c WG Noodles(½ oz) ½ c <b>Field Green Salad</b> w Ranch 2 <b>Orange Wedges</b> ¾ c Milk  <i>Veg: Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i>	<b>Chili Tater</b> 6 ½ c Chili con Carne 1 oz Corn Muffin ¼ c Roasted Potatoes ¼ c Pears ¾ c Milk  <i>Veg: ½ c Vegetarian Chili</i>	<b>Asian</b> 7 ¼ c Honey Glazed Chicken (1.5 oz m/ma) #16 ¼ c <b>Brown WG</b> Rice ¼ c <b>Broccoli</b> w Ranch ¼ c <b>Mandarin Oranges</b> ¾ c Milk  <i>Veg: 3 Honey Glazed Chickenless Nuggets*</i>	<b>Make Your Own Pizza</b> 8 ½ <b>WW</b> English Muffin 1 oz 2 TBSP Shredded Cheese 1 oz String Cheese ¼ c Marinara Sauce ( <b>Hot</b> ) ½ c <b>Spinach Salad</b> w Italian ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk  <i>Veg: Same</i>	
		<b>A Taste of the South</b> 11 2 oz Oven Fried Chicken Leg 1 Wheat Roll ¼ c <b>Black Eyed Peas</b> ¼ c <b>Apple Slices</b> (2-3) ¾ c Milk  <i>Veg: 3 Chickenless Nuggets*</i>	<b>Let's have a Picnic</b> 12 2 oz CN Hamburger Patty 1 <b>WG</b> Bun ½ c <b>Spinach Salad</b> w Ranch ¼ c <b>Cantaloupe</b> ¾ c Milk  <i>Veg: 3/8 c Hummus(1.5 m/ma) in WG 1 oz Pita)</i>	<b>Finger Lickin Good</b> 13 2 Tyson Chicken Tenders 1 oz Cornbread ¼ c <b>Broccoli</b> w Ranch 2 <b>Orange Wedges</b> ¾ c Milk  <i>Veg: 3 Dr Praegers Chicken sub nuggets 2 oz m/ma</i>	<b>Make Your Own Tuna Boat</b> 14 ¼ c Tuna Fish ½ Slice Cheddar Cheese on the Angle 1 <b>WG</b> Hot Dog Bun (2 oz) ¼ c <b>Baby Carrots Oars</b> ¼ c <b>Honeydew</b> ¾ c Milk  <i>Veg: ¼ c Chickpea salad</i>	<b>Tooty Fruity Salad</b> 15 1 Cheese Manicotti w Tomato Basil Sauce • 1 ½ oz m/ma, 2 oz WG Grain (2.75 oz) ½ c <b>Field Greens Salad</b> w Ranch ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk  <i>Veg: Same</i>
		<b>Breakfast for Lunch</b> 18 ½ WW English Muffin 4 Turkey Sausage Bites (2 oz m/ma) ¼ c Home Fried Potatoes ½ <b>Apple</b> ¾ c Milk  <i>Veg: 1 Hard Boiled Egg (2 oz m/ma)</i>	<b>Stick to Your Ribs</b> 19 3 Meatballs w Marinara Sauce ¼ c <b>WG</b> Penne Pasta PC Parmesan Cheese ¼ c <b>Petite Broccoli</b> w Italian ¼ c <b>Honeydew</b> ¾ c Milk  <i>Veg: 3 Veggie Meatballs</i>	<b>Arroz con Pollo (Chicken &amp; Rice)</b> 20 ¼ c Diced Chicken w ¼ c Vegetables (Bell Pepper, Onion Tomatoes) ¼ c <b>WG</b> Rice ¼ c <b>Pineapple</b> ¾ c Milk  <i>Veg: 3 Chickless Nuggets</i>	<b>Buen Appetito</b> 21 ½ c Beef Picadillo #8 1 ½ oz Meat ¼ c <b>WG</b> Rice ½ c <b>Spinach Salad</b> w Creamy Italian ¼ c <b>Pears</b> ¾ c Milk  <i>Veg: Bean Piccadillo</i>	<b>Make Your Own Burrito</b> 22 ¼ c <b>Black Beans</b> & 1/8 c Monterrey Cheese 1 6 in <b>WW</b> Tortilla (1 oz) ½ oz Mild Salsa ½ c Shredded <b>Kale Blend</b> ¼ c <b>Pineapple</b> ¾ c Milk  <i>Veg: Same</i>
		 25	<b>Fiesta Beans &amp; Rice</b> 26 ½ c <b>Red Beans</b> ¼ c <b>WG</b> Rice ¼ c <b>Broccoli</b> w Ranch ¼ c <b>Pineapple</b> ¾ c Milk  <i>Veg: Same</i>	<b>Tooty Fruity Salad</b> 27 2 oz Oven Fried Chicken Leg 1 oz Corn Muffin ¼ c Steamed <b>Greens</b> ¼ c <b>Tropical Fruit Salad</b> ¾ c Milk  <i>Veg: 4 oz Yogurt 1 oz String Cheese</i>	<b>Catch &amp; Release Sandwich</b> 28 3 oz <b>WG</b> CN Fish Fillet ¼ c <b>WG</b> Rice (½ oz Grain) ¼ c Cole Slaw ¼ c <b>Honeydew</b> ¾ c Milk Milk  <i>Veg: 6 oz Yogurt</i>	<b>Comfort Lunch</b> 29 ½ c Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz 3/8 c Vegetarian <b>Baked Beans</b> ½ c <b>Spinach</b> Salad w Italian ¼ c <b>Peaches</b> ¾ c Milk  <i>Veg: Same</i>