

## Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	FI	EATURED ENTRÉE OF THE DA	Y	
	2	A CONTRACTOR OF THE PARTY OF TH	4	5
Banana Muffin	Apple Jacks w/ Honey Grahams	Pan Dulce	Cinnamon Roll	Cinnamon Delight
Orange (1/2 c) & Apple (1/2 c)	Banana (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
	9	10	11	12
Mantecada	Pan Dulce	Apple Berry Zee Zee Bar	Fruit Loops w/ Honey Grahams	Cranberry Oatmeal Round
Orange (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
Complete (a) a of		17	18	19
Pan Dulce	Apple Jacks w/ Honey Grahams	Blueberry Muffin	Apple Berry ZeeZee Bar	Banana Bread
Orange (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
A CAMBINATION OF		24	25	26
Bagel w/ Cream Cheese	Yogurt Parfait w/ Strawberries Honey Grahams	Cinnamon Roll	Fruit Loops w/ Honey Grahams	Blueberry Mini Muffin & String Cheese
Orange (1/2 c) & Apple (1/2 c)	Banana(1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
	30	31	1	2
	Apple Jacks w/ Honey Grahams	Pan Dulce	Cinnamon Roll	Cinnamon Delight
	Banana (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider.

Menus are subject to change without notice.

### K-8 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		WEEKLY 5 FAVE		
Cheeseburger				
Oven Baked Fries	Cheese Lasagna	Beef Nachos	Chicken Tamale	Deep Dish Pepperoni Pizza
Ketchup	w/ Tomato Basil Sauce	Original Popped Chips	w/ Seasoned Corn	
Ketenap		SANDWICH OF THE DAY	· ·	
	Turkey Breast Sandwich	Sanahad Tunkan & Chance		
Turkey & Cheese Torta	on Whole Grain Roll	Smoked Turkey & Cheese	Italian Turkey Submarine	Turkey Breast Sandwich
Side of Baked Fries	Mayonnaise	Sandwich on Knot Roll	Baby Carrots (1/2 c)	on Whole Grain Roll
Ketchup	Baby Carrots (1/2 c)	Garbanzo Bean & Corn Salad		
		Entrée Salad of the Day		
		Chicken Taco Salad	Tuna Salad	<b>Buffalo Chicken Salad</b>
		Original Popped Chips	Dinner Roll	Original Popped Chips
		Ranch Dressing	Ranch Dressing	Ranch Dressing
		FEATURED ENTRÉE OF THE DA	Y	
	2	37	4	5
Hot Dog		Chicken Fajitas		
Hot Dog Oven Baked Fries	Chicken Alfredo Pasta	w/ Refried Beans & Corn	Chicken Teriyaki	Hamburger
	w/ Steamed Broccoli	Whole Grain Tortillas	Not So Fried Rice	Ketchup
Ketchup		Whole Grain Tortillas		
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Celery Sticks (1/4 c)	Baby Carrots (1/4 c)	Lettuce, Tomato, Pickle Kit (1 c)
100% Fruit Juice (4 oz)	Oronge (1/2 c)	Banana (1/2 c)	Apple (1/2 c)	Orange (1/2 c)
	9	10	11	12
Charaburgar			Chicken Tenders	
Cheeseburger	Chicken Enchiladas	Turkey & Bean Chili	w/ Mashed Potatoes	BBQ Beef Rib-A-Que
Oven Baked Fries	w/ Creamy Green Salsa	Corn Muffin		(in house hoagie)
Ketchup			Whole Grain Sugar Cookie	
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Cucumber Slices w/Tajin (1/4 c)	Baby Carrots (1/4 c)	Romaine Salad w/ Ranch Dressing
100% Fruit Juice (4 oz)	Orange (1/2 c)	Banana (1/2 c)	Apple (1/2 c)	Orange (1/2 c)
	16	17	18	19
Chicken Patty Burger				
Oven Baked Fries	Firecracker Chicken	Chicken Burrito Bowl	Baked Ziti w/ Meat Sauce	Beef, Bean & Cheese Burrit
Ketchup	Yakisoba Noodles	w/ Black Beans & Rice	Whole Grain Chocolate Chip Cookie	Hot Sauce
Ketchap				
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Celery Sticks (1/4 c)	Baby Carrots (1/4 c)	House Salad w/ Italian (1 c)
100% Fruit Juice (4 oz)	Orange (1/2 c)	Banana (1/2 c)	Apple (1/2 c)	Orange (1/2 c)
	23	24	25	26)
BQ Grilled Chicken Sandwich		Chicken Fajitas	Breakfast for Lunch:	
Oven Baked Fries	Penne & Meatballs	w/ Refried Beans & Corn	Pancake, Chicken Sausage &	Mac & Cheese
Ketchup	w/ Tomato Basil Sauce	Whole Grain Tortillas	Seasoned Potatoes	
кеспар		Trible didin vertings	Syrup	
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Cucumber Slices w/Tajin (1/4 c)	Baby Carrots (1/4 c)	Romaine Salad w/ Ranch Dressin
100% Fruit Juice (4 oz)	Orange (1/2 c)	Banana (1/2 c)	Apple (1/2 c)	Orange (1/2 c)
	30	31	1	4
	att to alfeed British	Turkey & Boon Chill	Chicken Tenders	Hamburger
	Chicken Alfredo Pasta	Turkey & Bean Chili	w/ Mashed Potatoes	_
	w/ Steamed Broccoli	Corn Muffin	Whole Grain Sugar Cookie	Ketchup
	Baby Carrots (1/2 c)	Celery Sticks (1/4 c)	Baby Carrots (1/4 c)	Lettuce, Tomato, Pickle Kit (1 c)
			227 22.1013 (2/ 12/	
	Orange (1/2 c)	Banana (1/2 c)	Apple (1/2 c)	Orange (1/2 c)



# Vegetarian K-8 Menu

Mandey	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	SANDWICH OF THE DAY	Illuisuay	Filday
		SANDWICH OF THE DAT		
<b>Double Cheese Torta</b>	Double Cheese Sandwich	Double Cheese Sandwich	Double Cheese Sandwich	
Side of Baked Fries	Mayonnaise		Mayonnaise	Double Cheese Sandwich
Ketchup	Baby Carrots (1/2 c)	Garbanzo Bean & Corn Salad	Baby Carrots (1/2 c)	
		FEATURED ENTRÉE OF THE DAY		
	2	3	4	5
Cheese Melt	Cheesy Penne Alfredo			
Oven Baked Fries	w/ Broccoli	Bean & Cheese Pupusa	Cheese Tamale	Bean & Cheese Burrito
	l '	w/ Pinto Beans	w/ Seasoned Corn	Hot Sauce
Ketchup	Dinner Roll			
oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Celery Sticks (1/4 c)	Baby Carrots (1/4 c)	Lettuce, Tomato, Pickle Kit (1 c)
100% Fruit Juice (4 oz)	Orange (1/2 c)	Banana (1/2 c)	Apple (1/2 c)	Orange (1/2 c)
	9	10	11	12
Cheese Melt		- 0.01		
Oven Baked Fries	Cheese Enchiladas	Bean & Cheese Pupusa	Cheese Tamale	Deep Dish Cheese Pizza
	w/ Creamy Green Salsa	w/ Pinto Beans	w/ Seasoned Corn	
Ketchup				
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Cucumber Slices w/Tajin (1/4 c)	Baby Carrots (1/4 c)	Romaine Salad w/ Ranch Dressin
100% Fruit Juice (4 oz)	Orange (1/2 c)	Banana (1/2 c)	Apple (1/2 c)	Orange (1/2 c)
	16	17	18	19
Cheese Melt	-	- 0.01		D 0.61
Oven Baked Fries	Cheese Lasagna	Bean & Cheese Pupusa	Cheesy Baked Ziti	Bean & Cheese Burrito
Ketchup	w/ Tomato Basil Sauce	w/ Pinto Beans	WG Chocolate Chip Cookie	Hot Sauce
				therese Calad and Italian (4 a)
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Celery Sticks (1/4 c)	Baby Carrots (1/4 c)	House Salad w/ Italian (1 c)
100% Fruit Juice (4 oz)	Orange (1/2 c)	Banana (1/2 c)	Apple (1/2 c)	Orange (1/2 c)
	23	24	25	20
Cheese Melt	Chassa Lasagna	Bean & Cheese Pupusa	Cheese Tamale	
Oven Baked Fries	Cheese Lasagna	· ·		Mac & Cheese
Ketchup	w/ Tomato Basil Sauce	w/ Pinto Beans	w/ Seasoned Corn	
	D. b. Courte (2/2 a)	Cucumber Slices w/Tajin (1/4 c)	Baby Carrots (1/4 c)	Romaine Salad w/ Ranch Dressin
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)		Apple (1/2 c)	Orange (1/2 c)
	Orange (1/2 c)	Banana (1/2 c)	Apple (1/2 t)	2
100% Fruit Juice (4 oz)				
100% Fruit Juice (4 oz)	30	-		
100% Fruit Juice (4 oz)		Bean & Cheese Pupusa	Cheese Tamale	5 51 61 51
100% Fruit Juice (4 oz)	Cheesy Penne Alfredo (1G)	Bean & Cheese Pupusa		Deep Dish Cheese Pizza
100% Fruit Juice (4 oz)		Bean & Cheese Pupusa w/ Pinto Beans	Cheese Tamale w/ Seasoned Corn	Deep Dish Cheese Pizza
100% Fruit Juice (4 oz)	Cheesy Penne Alfredo (1G)			Deep Dish Cheese Pizza  Lettuce, Tomato, Pickle Kit (1 c)

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# May 2023 **SMACK**

Monday	Tuesday	Wednesday	Thursday	Friday
		FEATURED ENTRÉE OF THE DAY	Υ	
	2	3	4	5
WG Strawberry Multi-Grain Bar (1G)	WG Mini Vanilla Loaf (1G)	WG BBQ Baked Chips (1G)	WG Cheddar Crackers (1G)	WG Honey Crackers (1G)
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Apple (3/4 c)	Pear (3/4 c)
	9	10	11	12
WG Pretzels (1G)	WG Nacho Baked Chips (1G)	WG Mini Lemon Muffin (1G)	Sunflower Seeds (1 MA)	WG Cheddar Crackers (16
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Apple (3/4 c)	Pear (3/4 c)
	16	17	18	19
VG Cinnamon Crackers (1G)	WG Chex Mix (1G)	WG Churro Baked Chips (1G)	WG Apple Cinnamon Multi-Grain Bar (1G)	WG Rice Krispie Treat (16
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Apple (3/4 c)	Pear (3/4 c)
	23	24	25	26
WG Strawberry Multi-Grain Bar (1G)	WG Mini Vanilla Loaf (1G)	WG BBQ Baked Chips (1G)	WG Cheddar Crackers (1G)	WG Honey Crackers (1G)
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Apple (3/4 c)	Pear (3/4 c)
	30	31	1	2
	WG Nacho Baked Chips (1G)	WG Mini Lemon Muffin (1G)	Sunflower Seeds (1 MA)	WG Cheddar Crackers (10
	100% Fruit Juice (6 oz)	Orange (3/4 c)	Apple (3/4 c)	Pear (3/4 c)

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