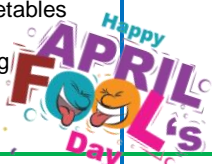








Lunch Menu!

All students will be offered 5 components at lunch: meat/protein, bread/grain, fruit, vegetables, and milk. Students **must** select a ½ cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| <p>1 Green Mac & Cheese w/Waffle Yogurt & Graham Crackers Steamed Mixed Vegetables Apples Ranch Dressing Syrup</p>  | <p>2 Popcorn Chicken w/Cheez-Its Yogurt & Graham Crackers Romaine Salad Fresh Broccoli Banana Pears Ranch Dressing Catsup</p> | <p>3 Beef Tacos Yogurt & Graham Crackers Shredded Lettuce Grapes Salsa</p> | <p>4 Combo Burrito Yogurt & Graham Crackers Romaine Salad Baby Carrots Frozen Strawberries Ranch Dressing Salsa</p>  | <p>5 Fish Sticks w/Honey Belly Bears Yogurt & Graham Crackers French Fries Romaine Salad Apple Ranch Dressing Catsup</p> |
| <p>8 Queso Nachos Yogurt & Graham Crackers Seasoned Black Beans Romaine Salad Sliced Apples Pear Ranch Dressing Salsa</p> | <p>9 Chicken Alfredo Penne Yogurt & Graham Crackers Romaine Salad Banana Ranch Dressing</p> | <p>10 Teriyaki Beef Dippers w/Rice Yogurt & Graham Crackers Romaine Salad Fresh Broccoli Grapes Ranch Dressing</p> | <p>11 Green Chicken Pozole w/Tortilla Chips Yogurt & Graham Crackers Shredded Cabbage Lemons Peaches</p> | <p>12 Grilled Cheese Yogurt & Graham Crackers Romaine Salad Apples Ranch Dressing</p>  |
| <p>15 Quesadillas Yogurt & Graham Crackers Seasoned Pinto Beans Apples Pears Salsa</p> | <p>16 Chicken Sandwich Yogurt & Graham Crackers Romaine Salad Banana Ranch Dressing Catsup Mustard</p> | <p>17 Spaghetti w/Beef Sauce & Roll Yogurt & Graham Crackers Romaine Salad Grapes Applesauce Ranch Dressing</p> | <p>18 Domino's Cheese Pizza Yogurt & Graham Crackers Romaine Salad Cool Tropics Ranch Dressing</p> | <p>19 Turkey and Cheese Grinders Yogurt & Graham Crackers Romaine Salad Apples Sandwich Spread Ranch Dressing</p> |
| <p>22 3-Bean Deluxe Nachos w/Cheese Yogurt & Graham Crackers Romaine Salad Celery Sticks Slices Apples Ranch Dressing Salsa</p>  | <p>23 Green Chili Chicken Enchilada Casserole Yogurt & Graham Crackers Seasoned Black Beans Romaine Salad Banana Ranch Dressing Salsa</p> | <p>24 Cheeseburgers Yogurt & Graham Crackers Romaine Salad Grape Tomatoes Grapes Ranch Dressing Catsup Mustard</p> | <p>25 Turkey Gravy w/Mashed Potatoes & Roll Yogurt & Graham Crackers Romaine Salad Raisels Ranch Dressing</p> | <p>26 Pretzel Dogs Yogurt & Graham Crackers Romaine Salad Carrot Sticks Apples Ranch Dressing Catsup Mustard</p>  |
| <p>29 Mac & Cheese w/Roll Yogurt & Graham Crackers Romaine Salad Apples Ranch Dressing</p> | <p>30 Orange Chicken w/Chow Mein Yogurt & Graham Crackers Romaine Salad Fresh Broccoli Banana Pears Ranch Dressing</p> | <p>Make Everyday EARTH DAY</p>  <p>Everybody do your share</p> | <p>Beef Pork Turkey Chicken Vegetarian Fish</p> |  |