



Breakfast	8:30 – 9:00		Lunch	
Student	Reduced FREE	Paid FREE	Reduced FREE	Paid FREE
Adults		\$2.40		\$3.80

MENU SUBJECT TO CHANGE



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



BULLYING PREVENTION MONTH

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets w/ Fried Rice V: Fish Nuggets w/ Fried Rice Green Beans Mixed Fruit, Asst. Milk 2	POLISH HERITAGE Ham & Cheese Croissant V: Cheese Croissant Tomato Soup & Carrots Sticks Pears Asst. Milk, Pierogies 3	Sloppy Joe on a Roll V: Vegetarian Beans Peaches Asst. Milk Hash Brown 4	Jerk Chicken w/ Rice & Beans V: Baked Fish Corn Apple Sauce Asst. Milk 5	Mozzarella Cheese Sticks w/ Sauce Baked Cookie Caesar Salad Fresh Cantaloupe Asst. Milk 6
NO SCHOOL 9	Cheeseburger V: Veggie Burger Baked Beans Fresh Fruit Salad French Fries Asst. Milk 10	BBQ Chicken Quesadilla V: Cheese Quesadilla Broccoli Mixed Fruit Asst. Milk Hash Brown 11	French Toast Sticks w/Turkey Sausage V: Falafel Patties Corn Apple Sauce Asst. Milk 12	Italian Mix Sub V: Caprese Wrap Italian Roasted Vegetables Orange Wedges Asst. Milk 13
Chicken Patty on a Roll V: Fish on a Roll Green Beans Mixed Fruit Asst. Milk French Fries 16	Turkey Club Wrap V: Roasted Veg. Wrap Vegetarian Beans Pears Asst. Milk Potato Rounds 17	ITALIAN HERITAGE Lasagna V: Vegetable Lasagna Corn Apple sauce Asst. Milk 18	Loaded Nachos w/Chili V: Cheese Nachos Salsa Peaches Asst. Milk 19	BBQ Chicken Pizza V: Cheese Pizza Caesar Salad Fresh Fruit Salad Asst. Milk 20
GERMAN HERITAGE Frankfurter on a Roll V: Fish Patty Corn Pears, Asst. Milk Potato Pancakes 23	Tacos V: Fish Tacos Black Bean Salsa Peaches Asst. Milk 24	½ DAY LUNCH ON THE GO 25	Macaroni & Cheese Green Beans Peaches Asst. Milk 26	Pepperoni Pizza V: Cheese Pizza Caesar Salad Fresh Honeydew Asst. Milk 27
Steak Umm on a Roll V: Veggie Burger Corn Apple Sauce, Asst. Milk French Fries 30	Chicken Fajita V: Cheese Quesadilla Mixed Vegetables Mixed Fruit Asst. Milk Hash Brown 31	Offered Daily Asst. Sandwiches Asst. Salads Asst. Fresh Fruit Asst. 100% Fruit Juice Daily Plates of Veg. Crunchers		