

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

Cheeseburger on Bun 404 cal

Potato Wedges 72 cal

Fresh Sliced Orange 33 cal

6

Soy No-Nutbutter Sandwich w/ Cheese Stick 371 cal

Steamed Fresh Baby Carrots 49 cal

Strawberry Applesauce Cup 70 cal

7

Turkey Ham & Cheese Stuffer 320 cal

Wheat Roll 78 cal

Deli Roasted Potatoes 104 cal

Variety Fresh Fruit 2481 cal

1

Honey BBQ Rib on Bun 351 cal

Cool Tropics Berry Citrus Veggie Edge 60 cal

Fresh Sliced Orange 66 cal

2

Pull Apart Cheezy Breadsticks 261 cal

Mixed Fruit Cup 80 cal

12

No menu published

13

Grilled Cheese 284 cal

Wheat Roll 78 cal

Steamed Broccoli 49 cal

Pears, Cup 70 cal

14

Vegan Bean & Green Chile Burrito 290 cal

Tortilla Chips 200 cal

Peach Cup 70 cal

15

Pizza, Cheese Deep Dish 310 cal

Wheat Roll 78 cal

Steamed Corn 107 cal

Applesauce Cup 50 cal

16

Jamaican Beef Patty 227 cal

Wheat Roll 78 cal

Sweet Potato Wedges 153 cal

Fresh Banana (Ripe) 161 cal

19

French Bread Garlic Pizza 383 cal

Wheat Roll 78 cal

Pears, Cup 70 cal

20

Turkey & Beef Pepperoni Stuffed Sandwich 301 cal

Wheat Roll 78 cal

Steamed Spinach 96 cal

Pineapple Tidbits Cup 60 cal

21

Turkey Ham & Cheese Stuffer 320 cal

Wheat Roll 78 cal

Deli Roasted Potatoes 104 cal

Fresh Apple Slices 29 cal

22

Chicken Pizza Quesadilla 281 cal

Wheat Roll 78 cal

Fresh Mini Sweet Peppers 13 cal

Pineapple Wedges, Individually Wrapped 50 cal

23

Soft Pretzel 141 cal

Steamed Broccoli 49 cal

Mixed Fruit Cup 80 cal

26

Chicken Breast Strips 214 cal

Wheat Roll 78 cal

Farm Fresh Green Beans 51 cal

Blue Raspberry Applesauce Cup 60 cal

27

Mini Pepperoni Calzone 360 cal

Wheat Roll 78 cal

Plantains 283 cal

Peach Cup 70 cal

28

Chicken Popcorn 255 cal

Wheat Roll 78 cal

Peas and Carrots Blend 91 cal

Fresh Banana (Ripe) 161 cal

29

No menu published

30

No menu published

EVERY DAY

Milk

Menu subject to change.