

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 - Popcorn Chicken with Mac and Cheese 474 cal - Black Forest Ham & Cheddar Sandwich 290 cal - Mango Splash Vegetable Juice 60 cal - Harvest Treats Veg Juice - SD 50 cal - Strawberry Cup 80 cal	6 - Nachos with Carne Asada & Cheese 516 cal - Grilled Cheese Sandwich 309 cal - Turkey Nachos w/ Shredded Cheese 355 cal - Sweet Waffle 150 cal - Potato 144 cal - Seasoned Black Beans 144 cal - Applesauce, Birthday Cake 4.5 oz 70 cal	7 - Buffalo Chicken Wings, 4 each 462 cal - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal - Sweet Brazilian Bun 170 cal - Seasoned Crispy Fries 81 cal - Celery Sticks 1/2 c. 60 cal - Peach Cup 90 cal	1 - Sandwich, Meatball Sub 458 cal - Grilled Cheese Sandwich 309 cal 24 Hour Zesty Pickles 41 cal - Garlic Spinach 94 cal - Fresh Apple Slices 30 cal	2 - Sweet and Spicy Chicken Sandwich 411 cal - Stuffed Cheesy Breadstick 300 cal - Roasted Glazed Carrots 74 cal - Sweet Waffle 150 cal - Potato 47 cal - Tangelos, Fresh 47 cal
12 No menu published	13 - Turkey Sausage & Cheese on Croissant 321 cal - Breaded Mozzarella Sticks 400 cal - Seasoned Black Beans 144 cal - Applesauce, Strawberry 4.5 oz 50 cal	14 - BBQ Chicken Drumstick 227 cal - Breaded Chicken Sandwich 340 cal - Spicy Breaded Chicken Sandwich 340 cal - Dinner Roll 110 cal 24 Hour Zesty Pickles 41 cal - Garlic Spinach 94 cal - Peach Cup 90 cal	8 - Chicken Tenders with Sweet Brazilian Bun, MS/HS 400 cal - Turkey Sausage & Cheese on Hamburger Bun 271 cal - Potatoes, Mashed 70 cal - Fresh Cold Broccoli Salad 141 cal - Tangelos, Fresh 47 cal	9 - Tangerine Chicken 219 cal - Bento Box with Pepperoni & Cheese 349 cal - Vegetable Fried Brown Rice, 1/2 cup 140 cal - Mandarin Carrot Slaw 67 cal - Italian Blend Vegetables 71 cal - Pineapple, Wedges Frozen 30 cal
19 - Popcorn Chicken with Mac and Cheese 503 cal - Black Forest Ham & Cheddar Sandwich 290 cal - Fresh Steamed Broccoli 54 cal - Strawberry Cup 80 cal	20 - Grilled Cheese Sandwich 309 cal - Philly Cheese Steak Peppers & Onions Rice Bowl 586 cal - Cheeseburger 339 cal - Sweet Plantain Slices 262 cal - Celery Sticks 1/2 c. 60 cal - Peach Cup 90 cal - Strawberry Cup 80 cal	21 - Buffalo Chicken Wings, 4 each 455 cal - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal - Sweet Brazilian Bun 170 cal - Sweet Waffle 150 cal - Potato 144 cal - Seasoned Black Beans 144 cal - Fresh Apple Slices 30 cal	15 - Spaghetti w/ Meatballs 384 cal - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal - Dark Green Side Salad 21 cal - Fresh Apple Slices 30 cal	16 - Hamburger, 3.0 oz 375 cal - Cheeseburger 410 cal - WG Cheese Pizza 426 cal - WG Pepperoni Pizza 403 cal - Lettuce & Tomato Cup 16 cal - Seasoned Crispy Fries 81 cal - Mixed Berry Fruit Cup 90 cal
26 - Black Forest Ham & Cheddar Sandwich 290 cal - Breaded Mozzarella Sticks 400 cal - Mango Splash Vegetable Juice 60 cal - Strawberry Cup 80 cal	27 - Two California Chicken Tacos 393 cal - Grilled Cheese Sandwich 309 cal - Salsa Dipping Cup 25 cal - Celery Sticks 1/2 c. 60 cal - Pineapple, Wedges Frozen 30 cal - Applesauce, Cinnamon 4.5 oz 90 cal	28 - BBQ Chicken Drumstick 227 cal - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal - Brown Rice 109 cal - Lettuce & Tomato Cup 16 cal - Seasoned Black Beans 144 cal - Mixed Berry Fruit Cup 90 cal	22 - Chicken Tenders with Sweet Brazilian Bun, MS/HS 400 cal - Turkey Sausage & Cheese on Hamburger Bun 271 cal - Potatoes, Mashed 48 cal - Mango Splash Vegetable Juice 60 cal - Red Delicious Apple 75 cal	23 - Tangerine Chicken 219 cal - Turkey Sausage & Cheese on Biscuit 321 cal - Brown Rice 109 cal - Mandarin Carrot Slaw 67 cal - Tomato Dippers 25 cal - Golden Delicious Apple 75 cal
29 - Sandwich, Meatball Sub 458 cal - Impossible Burger 311 cal - Garlic Spinach 94 cal - Fresh Apple Slices 30 cal	30 - Seasonal Shaped Nuggets w/Sweet Brazilian Bun 350 cal - Breaded Chicken Sandwich 340 cal - Spicy Breaded Chicken Sandwich 340 cal - Seasoned Crispy Fries 81 cal - Coleslaw 130 cal - Tangelos, Fresh 47 cal			

EVERY DAY

Assorted Milk

Menu subject to change.