

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5
Chicken Waffles
sandwich 377 cal

- Black Forest Ham & Cheddar Sandwich 290 cal
- WG Cheese Pizza 376 cal
- WG Buffalo Chicken Pizza 361 cal
- Hamburger, 3.0 oz 375 cal
- Cheeseburger 410 cal
- Turkey Bacon Cheeseburger 460 cal
- Popcorn Chicken and Mini Belgium Waffles 413 cal
- Emoji Fries 130 cal
- Mango Splash Vegetable Juice 60 cal
- Harvest Treats Veg Juice 50 cal
- Harvest Treats Veg Juice - SD 50 cal
- Mix Fruit Cup 80 cal
- Fresh Tangerine 40 cal
- Red Delicious Apple 75 cal
- Golden Delicious Apple 75 cal

6
Philly Cheese Steak
Peppers & Onions
Sandwich 612 cal

- Philly Steak Peppers & Onions Sandwich (No Cheese) 562 cal
- Nachos with Carne Asada & Cheese 516 cal
- Romaine Chef Salad with Turkey, Egg & Crackers 353 cal
- WG Pepperoni 403 cal
- Tomato and Basil Bianca Pizza 429 cal
- PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
- Sweet Waffle 150 cal
- Potato 60 cal
- Fresh Steamed Broccoli 54 cal
- Red Grapes 61 cal
- Green Grapes 61 cal
- Fruit Juice Blend 60 cal

7
Cajun Spice
Wings 418 cal

- 4 Chicken Wings Lemon Pepper 482 cal
- Hummus Platter with Wheat WG Crackers 649 cal
- WG Cheese Pizza 376 cal
- WG Pepperoni 403 cal
- Butterball Turkey Hot Dog on WG Bun 270 cal
- Eisenberg Beef Hot Dog on WG Bun 320 cal
- Dinner Roll 110 cal
- Cucumber & Carrot Dipper with Ranch Dressing 69 cal
- Carrot & Celery Dippers with Ranch Dressing 67 cal
- Vegetarian Baked Beans 192 cal
- Peach Cup 90 cal
- Diced Peach Cup 70 cal
- Fresh Apple Slices 30 cal
- Red Delicious Apple 75 cal
- Golden Delicious Apple 75 cal

8
Chicken Tenders with
Sweet Brazilian Bun,
MS/HS 400 cal

- Breaded Drumstick with Sweet Brazilian Bun 380 cal
- Spinach Cobb Salad 419 cal
- Vegetarian Cobb Salad with Sweet Brazilian Bun 364 cal
- WG Cheese Pizza 376 cal
- WG Buffalo Chicken Pizza 361 cal
- Grilled Cheese Sandwich 309 cal
- Coleslaw 130 cal
- Garlic Spinach 94 cal
- Dark Green Side Salad 21 cal
- Orange Wedges 76 cal
- Apple Juice 60 cal
- Banana, fresh 146 cal

9
Tangerine
Chicken 219 cal

- Asian Teriyaki Chicken 180 cal
- Turkey & American Sub 311 cal
- Garlic French Bread Cheese Pizza 383 cal
- Twisted Garlic French Bread Pepperoni Pizza 416 cal
- Breaded Chicken Sandwich 340 cal
- Spicy Breaded Chicken Sandwich 340 cal
- Vegetable Fried Brown Rice 270 cal
- Mandarin Carrot Slaw 67 cal
- Roasted Green Beans 99 cal
- Applesauce 4.5 oz 60 cal
- Red Grapes 61 cal
- Green Grapes 61 cal
- Red Delicious Apple 75 cal
- Fresh Tangerine 40 cal
- Orange Wedges 76 cal
- Fresh Apple Slices 30 cal

12
No menu published13
Butterball Turkey Hot
Dog on WG Bun 270 cal

- Sandwich, Cheese Croissant 330 cal
- WG Cheese Pizza 426 cal
- WG Pepperoni 403 cal
- Sweet Waffle 150 cal
- Potato 60 cal
- Mango Splash Vegetable Juice 60 cal
- Banana, fresh 146 cal

14
Sofrito Roasted Chicken
Thigh 344 cal

- Spinach Cobb Salad 419 cal
- WG Cheese Pizza 426 cal
- WG Pepperoni 403 cal
- Cheeseburger 410 cal
- Dinner Roll 110 cal
- Garlic Spinach 94 cal
- Seasoned Black Beans 144 cal
- Strawberry Cup 80 cal
- Orange Wedges 76 cal

15
Vegetarian Penne Pasta
with Bread Stick 415 cal

- Romaine Chef Salad with Turkey, Egg & Crackers 353 cal
- WG Cheese Pizza 426 cal
- PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
- Dark Green Side Salad 21 cal
- Fruit Juice Blend 60 cal
- Banana, fresh 146 cal

16
Sweet and Spicy
Chicken Sandwich 411 cal

- Turkey & Swiss Croissant Sandwich 321 cal
- Stuffed Cheesy Breadstick 300 cal
- WG Pepperoni 403 cal
- Cucumber Dippers with Ranch Dressing 61 cal
- Seasoned Crispy Fries 81 cal
- Raisels 27 cal
- Red Delicious Apple 75 cal

19
Black Forest
Ham & Cheddar
Sandwich 290 cal

- Cheeseburger 410 cal
- Popcorn Chicken and Mini Belgium Waffles 397 cal
- Sweet Waffle 150 cal
- Potato 60 cal
- Mango Splash Vegetable Juice 60 cal
- Fresh Tangerine 40 cal
- Mix Fruit Cup 80 cal

20
Cilantro Lime Rice
Cuban Style Mojo Pork
Bowl MS/HS 545 cal

- Spinach Cobb Salad 419 cal
- WG Pepperoni 403 cal
- PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
- Sweet Plantain Slices 262 cal
- Fresh Steamed Broccoli 54 cal
- Mixed Berry Fruit Cup 90 cal
- Fruit Juice Blend 60 cal

21
Honey BBQ
Wings 475 cal

- Hummus Platter with Wheat WG Crackers 649 cal
- WG Cheese Pizza 426 cal
- WG Pepperoni 403 cal
- Sweet Brazilian Bun 170 cal
- Cucumber & Carrot Dipper with Ranch Dressing 69 cal
- Vegetarian Baked Beans 192 cal
- Peach Cup 90 cal
- Fresh Apple Slices 30 cal

22
Drumstick with Corn
Bread 498 cal

- Romaine Chef Salad with Turkey, Egg & Crackers 353 cal
- WG Cheese Pizza 426 cal
- Grilled Cheese Sandwich 309 cal
- Potatoes, Mashed 48 cal
- Dark Green Side Salad 21 cal
- Orange Wedges 76 cal
- Apple Juice 60 cal

23
Tangerine
Chicken 219 cal

- Turkey & American Wrap 301 cal
- Spicy Breaded Chicken Sandwich 340 cal
- Vegetable Fried Brown Rice 270 cal
- Mandarin Carrot Slaw 67 cal
- Roasted Green Beans 99 cal
- Applesauce 4.5 oz 60 cal
- Red Delicious Apple 75 cal

26
Turkey Sausage
& Cheese on Croissant 321 cal

- Sandwich, Cheese Croissant 330 cal
- WG Cheese Pizza 426 cal
- WG Buffalo Chicken Pizza 414 cal
- Breaded Chicken Sandwich 340 cal
- Spicy Breaded Chicken Sandwich 340 cal
- Black Forest Ham & Cheddar Sandwich 290 cal
- Sweet Waffle 150 cal
- Potato 60 cal
- Mango Splash Vegetable Juice 60 cal
- Harvest Treats Veg Juice 50 cal
- Harvest Treats Veg Juice - SD 50 cal
- Carrot Dippers with Ranch Dressing 81 cal
- Fresh Apple Slices 30 cal
- Red Delicious Apple 75 cal
- Golden Delicious Apple 75 cal
- Mix Fruit Cup 80 cal
- Applesauce 4.5 oz 60 cal

27
California Chicken
Burrito 454 cal

- Two California Chicken Tacos 393 cal
- Turkey Taco Salad 407 cal
- WG Pepperoni 403 cal
- Tomato and Basil Bianca Pizza 429 cal
- Grilled Cheese Sandwich 309 cal
- Chicken Salad 120 cal
- Corn Tortilla Chips 190 cal
- Pico de Gallo 71 cal
- Salsa Dipping Cup 25 cal
- Lettuce & Tomato Cup 16 cal
- Pineapple, Wedges Frozen 30 cal
- Fruit Juice Blend 60 cal

28
Sofrito Roasted Chicken
Thigh 344 cal

- Herb Roasted Chicken Thigh 344 cal
- Spinach Cobb Salad 419 cal
- Vegetarian Cobb Salad with Sweet Brazilian Bun 364 cal
- WG Cheese Pizza 426 cal
- WG Pepperoni 403 cal
- Hamburger, 3.0 oz 375 cal
- Cheeseburger 410 cal
- Impossible Burger 311 cal
- Impossible Cheeseburger 346 cal
- Lunch Box, PBJ Sandwich 600 cal
- Brown Rice 247 cal
- Garlic Spinach 94 cal
- Seasoned Black Beans 144 cal
- Pinto Beans, 1/2 cup 163 cal
- Pinto Beans 163 cal
- Black Bean & Corn Salsa - 1 cup 244 cal
- Strawberry Cup 80 cal
- Orange Wedges 76 cal
- Banana, fresh 146 cal

29
Sandwich,
Meatball Sub 458 cal

- Vegetarian Penne Pasta with Bread Stick 415 cal
- Romaine Chef Salad with Turkey, Egg & Crackers 353 cal
- WG Cheese Pizza 426 cal
- WG Buffalo Chicken Pizza 414 cal
- PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
- Dark Green Side Salad 21 cal
- Celery with Ranch Dressing 60 cal
- Fresh Steamed Broccoli 54 cal
- Golden Sun Splash Vegetable Juice 40 cal
- Fruit Juice Blend 60 cal
- Banana, fresh 146 cal

30
Seasonal Shaped
Nuggets w/Sweet
Brazilian Bun 350 cal

- Chicken Salad on Croissant 310 cal
- Stuffed Cheesy Breadstick 300 cal
- Tomato and Basil Bianca Pizza 429 cal
- Butterball Turkey Hot Dog on WG Bun 270 cal
- Eisenberg Beef Hot Dog on WG Bun 320 cal
- Seasoned Crispy Fries 81 cal
- Coleslaw 130 cal
- Celery with Ranch Dressing 60 cal
- Corn Salsa 115 cal
- Raisels 27 cal
- Red Delicious Apple 75 cal
- Golden Delicious Apple 75 cal
- Fresh Apple Slices 30 cal
- Pineapple, Wedges Frozen 30 cal
- Orange Wedges 76 cal
- Banana, fresh 146 cal

EVERY DAY

- Assorted Milk

Menu subject to change.