

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

- Lunch Entrée
- Cheesy Meatball Sub
  - Cheesy Chicken Tender Sliders
  - Veggie Ranch Wrap
- Vegetables
- Buttery Steamed Corn
  - Fresh Baby Carrots
  - Fresh Broccoli Florets
  - Green Bell Pepper
- Fruit
- Juicy Mandarin Oranges
  - Fresh Apple
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

**2**

- Lunch Entrée
- Brunch 4 Lunch- Country Biscuits & Gravy w/Sausage
  - Grilled Cheeseburger
  - Sunbutter & Jelly Sandwich w/ String Cheese
- Vegetables
- Hash Brown Tater Bucks
  - Fresh Baby Carrots
  - Fresh Celery Sticks
- Fruit
- Unsweetened Applesauce
  - Fresh Orange
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

**3**

- Lunch Entrée
- Delicious Cheese Pizza
  - Turkey Sausage Pizza
  - Fresh Turkey & Cheese Sub
- Vegetables
- Italian Veggie Blend
  - Fresh Baby Carrots
  - Fresh Broccoli Florets
  - Red Bell Pepper
- Fruit
- Juicy Pineapple Tidbits
  - Fresh Apple
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

**6**

- Lunch Entrée
- Popcorn Chicken Snowbowl w/Roll
  - Spaghetti Marinara w/Meatballs
  - Deli Turkey Ham & Cheese Sliders
- Vegetables
- Fresh Steamed Broccoli
  - Fresh Celery Sticks
  - Fresh Baby Carrots
- Fruit
- Sweet Diced Peaches
  - Fresh Orange
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

**7**

- Lunch Entrée
- Grande Cheesy Nachos
  - Juicy Hamburger
  - Fresh Turkey & Cheese Sub
- Vegetables
- Seasoned Mexican Black Beans
  - Fresh Baby Carrots
  - Fresh Tomato Wedges
- Fruit
- Unsweetened Applesauce
  - Fresh Banana
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

**8**

- Lunch Entrée
- BBQ Pulled Chicken Sandwich
  - Chicken Nuggets w/Roll
  - Vegetarian Chik'n Nuggets w/Roll
- Vegetables
- Vegetarian Mashed Potatoes
  - Fresh Baby Carrots
  - Creamy Coleslaw
- Fruit
- Juicy Pineapple Tidbits
  - Fresh Apple
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

**9**

- Lunch Entrée
- Homemade Meatloaf w/ WG Roll
  - Grilled Cheese Sandwich
  - Chef Salad w/Crackers
- Vegetables
- Southern Green Beans
  - Fresh Baby Carrots
  - Fresh Tomato Wedges
- Fruit
- Cinnamon Applesauce
  - Fresh Banana
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

**10**

- Lunch Entrée
- Delicious Cheese Pizza
  - Classic Pepperoni Pizza
  - Turkey & Cheese Wrap
- Vegetables
- Italian Veggie Blend
  - Fresh Baby Carrots
  - Fresh Celery Sticks
- Fruit
- Diced Pears
  - Fresh Apple
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

**13**

- Lunch Entrée
- Crispy Oven Baked Bone In Chicken w/ Fluffy Biscuit
  - Fresh Turkey & Cheese Sub
- Vegetables
- Southern Braised Cabbage
  - Fresh Baby Carrots
  - Fresh Broccoli Florets
- Fruit
- Sweet Mixed Fruit
  - Fresh Orange
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

**14**

- Lunch Entrée
- Crispy Beefy Tacos
  - Cheesy Nachos
  - Turkey Ham & Cheese Sandwich
- Vegetables
- Mexican Pinto Beans
  - Fresh-Cut Cucumber Slices
  - Fresh Baby Carrots
- Fruit
- Juicy Pineapple Tidbits
  - Fresh Orange
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

**15**

- Lunch Entrée
- Down Home Chicken & Waffles
  - Crispy Chicken Patty Sandwich
  - Sunbutter & Jelly Sandwich w/ String Cheese
- Vegetables
- Southern Seasoned Black Eyes Peas
  - Fresh Baby Carrots
  - Fresh Broccoli Florets
  - Fresh Cucumber with Zesty Lemon & Chili
- Fruit
- Fresh Apple
  - Diced Pears
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

**16**

- Lunch Entrée
- Grilled Cheeseburger
  - Creamy Macaroni & Cheese
  - Fresh Turkey & Cheese Sub
- Vegetables
- Crispy Tater Tots
  - Fresh Baby Carrots
  - Garbanzo Bean & Tomato Salad
  - Green Bell Pepper
- Fruit
- Juicy Mandarin Oranges
  - Fresh Banana
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

**17**

- Lunch Entrée
- Delicious Cheese Pizza
  - Turkey Ham Hawaiian Pizza
  - Veggie Ranch Wrap
- Vegetables
- Fresh Steamed Broccoli
  - Fresh Romaine & Spinach Salad w/Tomato
  - Fresh Baby Carrots
- Fruit
- Cinnamon Applesauce
  - Fresh Apple
- Milk
- 1% Low Fat White Milk Local
  - Fat Free Chocolate Milk Local

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| <b>20</b><br>Lunch Entrée<br>• Chicken Nuggets w/Macaroni & Cheese<br>• Crispy Vegetarian Chik'n Nuggets w/Macaroni & Cheese<br>• Fresh Turkey & Cheese Sub<br>Vegetables<br>• Southern Green Beans<br>• Fresh-Cut Cucumber Slices<br>Fruit<br>• Juicy Pineapple Tidbits<br>• Fresh Orange<br>Milk<br>• 1% Low Fat White Milk Local<br>• Fat Free Chocolate Milk Local                                           | <b>21</b><br>Lunch Entrée<br>• Ground Beef Soft Flour Tacos<br>• Cornmeal Crusted Fish Sticks w/Roll<br>• Elvis Wrap<br>Meat/Meat Alternate<br>• String Cheese<br>Vegetables<br>• Fresh Broccoli Florets<br>• Fresh Baby Carrots<br>• Creamy Coleslaw<br>• Fresh Salsa<br>Fruit<br>• Cinnamon Applesauce<br>• Fresh Banana<br>Milk<br>• 1% Low Fat White Milk Local<br>• Fat Free Chocolate Milk Local                   | <b>22</b><br>Lunch Entrée<br>• Cheese Quesadilla<br>• Sweet & Smokey Vegetarian Sloppy Joe Sandwich<br>• Turkey & Cheese Wrap<br>Vegetables<br>• Vegetarian Baked Beans<br>• Fresh Baby Carrots<br>• Fresh Broccoli Florets<br>• Fresh-Cut Cucumber Slices<br>Fruit<br>• Sweet Diced Peaches<br>• Fresh Apple<br>Milk<br>• 1% Low Fat White Milk Local<br>• Fat Free Chocolate Milk Local | <b>23</b><br>Lunch Entrée<br>• Cheesy Broccoli Baked Potato w/ Roll<br>• Mini Chicken Corndogs<br>• Crispy Popcorn Chicken Wrap<br>Vegetables<br>• Green Bell Pepper<br>• Fresh-Cut Cucumber Slices<br>• Fresh Baby Carrots<br>Fruit<br>• Unsweetened Applesauce<br>• Fresh Banana<br>Milk<br>• 1% Low Fat White Milk Local<br>• Fat Free Chocolate Milk Local                             | <b>24</b><br>Lunch Entrée<br>• Classic Pepperoni Pizza<br>• Delicious Cheese Pizza<br>• Sunbutter & Jelly Sandwich w/ String Cheese<br>Vegetables<br>• Zingy Crinkle Fries<br>• Fresh Celery Sticks<br>• Fresh Broccoli Florets<br>Fruit<br>• Diced Pears<br>• Fresh Apple<br>Milk<br>• 1% Low Fat White Milk Local<br>• Fat Free Chocolate Milk Local             |
| <b>27</b><br>Lunch Entrée<br>• Southern Pulled Chicken & Dumplings<br>• Hot Dog (Pork-Free)<br>• Sunbutter & Jelly Sandwich w/ String Cheese<br>Vegetables<br>• Savory Southern Collard Greens<br>• Fresh Baby Carrots<br>• Fresh Broccoli Florets<br>• Fresh-Cut Cucumber Slices<br>Fruit<br>• Cinnamon Applesauce<br>• Fresh Apple<br>Milk<br>• 1% Low Fat White Milk Local<br>• Fat Free Chocolate Milk Local | <b>28</b><br>Lunch Entrée<br>• Scratch-Made Cheesy Chicken Flour Tacos<br>• Cheese Quesadilla<br>• Crispy Popcorn Chicken Salad<br>Vegetables<br>• Seasoned Southwest Black Beans<br>• Fresh-Cut Cucumber Slices<br>• Fresh Baby Carrots<br>• Southern Seasoned Black Eyes Peas<br>• Fresh Salsa<br>Fruit<br>• Diced Pears<br>• Fresh Orange<br>Milk<br>• 1% Low Fat White Milk Local<br>• Fat Free Chocolate Milk Local | <b>29</b><br>Lunch Entrée<br>• Cheesy Meatball Sub<br>• Cheesy Chicken Tender Sliders<br>• Veggie Ranch Wrap<br>Vegetables<br>• Buttery Steamed Corn<br>• Fresh Baby Carrots<br>• Fresh Broccoli Florets<br>• Green Bell Pepper<br>Fruit<br>• Juicy Mandarin Oranges<br>• Fresh Apple<br>Milk<br>• 1% Low Fat White Milk Local<br>• Fat Free Chocolate Milk Local                         | <b>30</b><br>Lunch Entrée<br>• Brunch 4 Lunch- Country Biscuits & Gravy w/Sausage<br>• Grilled Cheeseburger<br>• Sunbutter & Jelly Sandwich w/ String Cheese<br>Vegetables<br>• Hash Brown Tater Bucks<br>• Fresh Baby Carrots<br>• Fresh Celery Sticks<br>Fruit<br>• Unsweetened Applesauce<br>• Fresh Orange<br>Milk<br>• 1% Low Fat White Milk Local<br>• Fat Free Chocolate Milk Local | <b>31</b><br>Lunch Entrée<br>• Delicious Cheese Pizza<br>• Turkey Sausage Pizza<br>• Fresh Turkey & Cheese Sub<br>Vegetables<br>• Italian Veggie Blend<br>• Fresh Baby Carrots<br>• Fresh Broccoli Florets<br>• Red Bell Pepper<br>Fruit<br>• Juicy Pineapple Tidbits<br>• Fresh Apple<br>Milk<br>• 1% Low Fat White Milk Local<br>• Fat Free Chocolate Milk Local |

This information and the Menus can change regularly and foods are substituted periodically without notice. To obtain the most up-to-date information, contact your school's cafe manager.

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