

Monday

Tuesday

Wednesday

Thursday

Friday

Beef Chili w/ white beans & **1**
 Cornbread
 Fresh Fruit
 Fruit Juice
 (V) Options Available
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

Chicken Teriyaki, broccoli, carrots, and Jasmine Rice **2**
 Fresh Fruit
 Fruit Juice
 (V) Meatless Chicken Teriyaki Bowl
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

Chicken & Sausage Gumbo w/ **3**
 Jasmine Rice
 Fresh Fruit
 Fruit Juice
 (V) Meatless Chik'n Gumbo
 Organic Low Fat Milk
 Soy/Nut Milk Alternative



BBQ Chicken Grilled Cheese Sandwich w/ Asparagus & corn **7**
 Fresh Fruit
 Fruit Juice
 (DF) Grilled Chicken Sandwich
 (V) Meatless BBQ Chik'n Sandwich
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

Cantina Chicken Soup (chicken, corn, carrot, onion, tomato) w/ tortilla chips **8**
 Fresh Fruit
 Fruit Juice
 (V) Meatless Chik'n Nuggets w/ mixed vegetables
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

Steak & Potato Alfredo w/ Spinach & Garlic Bread **9**
 Fresh Fruit
 Fruit Juice
 (V) Meatless Steak & Potato Alfredo
 (DF) Options Available
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

Spicy Chicken Sandwich w/ lettuce & tomato & Baked Fries **10**
 Fresh Fruit
 Fruit Juice
 (V) Buffalo Veggie Burger w/ Baked Fries
 Organic Low Fat Milk
 Soy/Nut Milk Alternative



Indigenous People's Day **14**

No School

Turkey Club Croissant Sandwich **15**
 Fruit Salad
 Fruit Juice
 (V) Garden Salad w/ Toasted Croissant
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

Garlic Butter Chicken Pasta w/ Broccoli **16**
 Fresh Fruit
 Fruit Juice
 (V) (DF) Options Available
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

Grilled Cheese Sandwich w/ Tomato Soup **17**
 Fresh Fruit
 Fruit Juice
 (V) Meatless Chik'n Nuggets w/ Side Salad
 Organic Low Fat Milk
 Soy/Nut Milk Alternative



Sticky Beef, carrots & onions w/ Jasmine Rice **21**
 Fresh Fruit
 Fruit Juice
 (V) Meatless Sticky Beef & Veggies w/ Rice
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

Cuban Sandwich w/ Sweet Potato Fries **22**
 OR Chicken Cuban Sandwich
 Fresh Fruit
 Fruit Juice
 (V) Meatless Chik'n Cuban Sandwich
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

Pasta Marinara, Green Beans **23**
 Garlic Bread
 Fresh Fruit
 Fruit Juice
 (V) (DF) Options Available
 Organic Low Fat Milk
 Soy/nut Milk Alternative

Cheeseburger on Wheat Bun w/ Potato Wedges **24**
 Fresh Fruit
 Fruit Juice
 (V) (DF) Options Available
 Organic Low Fat Milk
 Soy/Nut Milk Alternative



Chicken Paella w/ peppers, onions, and black beans **28**
 Fresh Fruit
 Fruit Juice
 (V) Options Available
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

Beef Chili w/ white beans & Cornbread **29**
 Fresh Fruit
 Fruit Juice
 (V) Options Available
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

Chicken Teriyaki, broccoli, carrots, and Jasmine Rice **30**
 Fresh Fruit
 Fruit Juice
 (V) Meatless Chicken Teriyaki Bowl
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

Chicken & Sausage Gumbo w/ Jasmine Rice **31**
 Fresh Fruit
 Fruit Juice
 (V) Meatless Chik'n Gumbo
 Organic Low Fat Milk
 Soy/Nut Milk Alternative

This Institution is an equal opportunity provider.
 All grains offered are Whole Grain Rich

(V)- Vegetarian (DF) - Dairy Free

Choice of Organic Low Fat Milk or Soy Milk is offered daily

Menu items are subject to change based on product availability