

Monday

Tuesday

Wednesday

Thursday

Friday

MY SCHOOL BUCKS
PAY FOR MEALS ONLINE
 MySchoolBucks.com

Entrées Offered Daily:
 WOW Jelly Sandwich
 Toasted Cheese Sandwich

Vegetable/ Fruit Offered Daily:
 Tossed Salad
 Fresh Fruit

② Fish Sticks/ Cornbread **13**
 Honey Pork Rib on WG Hoagie Bun
 Creamy Coleslaw
 Pickles/ Onions
 Pinto Beans
 9-12: Turnip Greens

Italian Pasta Bake/ Breadstick **14**
 Corn Dog
 Seasoned Corn
 Tomato Cucumber Slices
 Honey Apple Crisp
 9-12: Fresh Baby Carrots

Philly Cheese Steak WG Hoagie **15**
 Chipotle Ranch Chicken WG Wrap
 Lettuce/ Tomato
 Waffle Fries
 Sautéed Peppers/ Onions
 9-12: Tomato Soup/ WG Crackers

Turkey/Cheese WG Bun **16**
 Toasted Cheese Sandwich
 Lettuce/ Tomato
 Vegetable Soup/ WG Crackers
 Potato Wedges
 9-12: Scalloped Tomatoes

Popcorn Chicken **17**
 Meatloaf
 WG Roll
 Seasoned Green Beans
 Mashed Potatoes
 9-12: Fruit Juice

③ Cheese Pizza or **20**
 Pepperoni or Sausage Pizza
 Steamed Broccoli
 Great Northern Beans
 9-12: Royal Brownie

Sausage/ Gravy **21**
 Chicken with Noodles
 WG Roll
 Green Peas
 Hash Brown Potato Cubes
 9-12: Spiced Apples

Italian Dunkers/ Cheese Stick **22**
 Jalapeno Vegetable Wrap
 Seasoned Green Beans
 Honey Glazed Carrots
 9-12: Graham Crackers

Chicken Fillet/ WG Bun **23**
 Ham/ WG Bun
 Lettuce/ Tomato
 Vegetable Chili/ WG Crackers
 Cinnamon Sugar Sweet Potato Fries
 9-12: Jell-O with Pears

Meaty Lasagna **24**
 Chicken Fajita/ WG Tortilla Wrap
 Lettuce/ Tomato
 Seasoned Corn
 Cheesy Potatoes
 9-12: Sautéed Spinach

Hamburger/ WG Bun **27**
 Pasta Primavera/ Garlic Breadstick
 Lettuce/ Tomato
 Turnip Greens
 Pinto Beans
 9-12: Sautéed Cabbage

Corn Dog **28**
 BBQ/ WG Bun
 Creamy Coleslaw
 Baked Beans
 Diced Red Roasted Potatoes
 9-12: Yellow Squash with Onions

Turkey & Cheese WG Wrap **29**
 Spaghetti/ WG Garlic Bread Stick
 Cucumber/ Tomato Slices
 Seasoned Corn
 9-12: Broccoli Salad

Popcorn Chicken **30**
 Fish Sandwich/ WG Bun
 Creamy Coleslaw
 French Fries
 Blueberry Smoothie
 9-12: Seasoned Mixed Vegetables

Ham & Cheese WG Hoagie **31**
 Arroz con Pollo
 Lettuce/Tomato
 Honey Roasted Sweet Potatoes
 Seasoned Green Beans
 9-12: Banana Bread

“USDA is an equal opportunity provider and employer.”
 Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

