



**Adult Lunch \$3.75 Sides \$1.00 Milk \$0.50**  
**This Institution is an equal opportunity.**  
**\*\*MAY SUBJECT TO CHANGE\*\***



**Nutrition Tip:** Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Beef Chili w/ Beans  
 Cornbread  
 Zucchini Squash  
 Sliced Peaches  
 Milk

1

Choice of Pizza  
 Romaine Salad  
 Ranch Dressing  
 Cali Vegetables  
 Fruit Cocktail  
 Milk

2

Hot Turkey Sandwich  
 Steamed Corn  
 Cornbread  
 Mandarin Oranges  
 Milk

5

Lamb Stew  
 Flat Bread  
 Romaine Salad  
 Ranch Dressing  
 Cherry Applesauce  
 Milk

6

Macaroni & Cheese  
 Dinner Roll  
 Green Beans  
 Strawberries  
 Milk

7

Grilled Chicken Sandwich  
 Lettuce/Tomato  
 Cole Slaw  
 Sweet Potato Fries  
 Sliced Peaches  
 Milk

8

Salisbury Steak  
 Garlic Toast  
 Corn on the Cob  
 Baked Beans  
 Sidekicks  
 Milk

9

Hot Dog  
 Ketchup/Mustard  
 Baked Beans  
 Baby Carrots w/ Ranch Dressing  
 Jello & Milk

12

**National Cocoa Day**  
 Bean & Cheese Burrito  
 Mild Salsa  
 Steamed Corn  
 Mandarin Oranges & Milk

13

Frito Chili Pie  
 Pineapple Tidbits  
 Milk

14

Braised Beef  
 Seasoned Brown Rice  
 Steamed Corn  
 Mixed Veggies  
 Fruit Mix & Milk

15

Choice of Pizza  
 Romaine Salad  
 Ranch Dressing  
 Cantaloupe  
 Milk

16



19



20



21



22



23



26



27



28



29



30