Lunch K-7

Monday	Tuesday	Wednesday	Thursday	Friday
	UGL		Beef-A-Roni Grilled Chix Sandwich Chef Salad Grilled Chicken Salad Saltine Crackers Croutons Ranch Dressing Whole Kernel Corn Baby Carrots w/Dip Vegetable Juice Blueberries w Topping Fresh Fruit Bowl Chilled Fruits Fruit Juice Garlic Toast Low Fat Milk Chocolate Milk	Philly Cheese Steak Sandwich Turkey & Cheese/Bun Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Crinkle Cut Fries Cucumber Slices w/Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup
Chicken Fajitas Hamburger Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Spanish Rice Steamed Broccoli Glazed Carrots Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Assorted Puddings Ketchup Mayonnaise Mustard	Grilled Chix Sandwich Fruit and Yogurt To Go Grilled Chicken Salad Chef Salad Saltine Crackers Croutons Ranch Dressing Baked Beans Broccoli Florets w/ Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup	7 Chicken Spaghetti Ham and Cheese Wrap Chef Salad Saltine Crackers Croutons Ranch Dressing Steamed Carrots Green Peas Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Mayonnaise Mustard	Beefy Nachos Grande Turkey & Cheese/Bun Chef Salad Croutons Saltine Crackers Ranch Dressing Whole Kernel Corn Raw Veggies with Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Graham Crackers	Pepperoni Pizza Wedge Turkey & Cheese/Bun Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Crinkle Cut Fries Broccoli Salad Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Fruited Gelatin Low Fat Milk Chocolate Milk Mayonnaise Mustard
Sloppy Joe on Bun Southern Chicken Sandwich Fruit and Yogurt To Go Chix Salad w/Crackers Saltine Crackers Ranch Dressing Baked Beans Crinkle Cut Fries Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup	Hamburger Steak/Gravy Turkey & Cheese Wrap Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Mashed Potatoes Southern Turnip Greens Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruited Gelatin Fruit Juice Cornbread Low Fat Milk Chocolate Milk Mayonnaise Mustard Dick & Jane Cookies	Orange Chicken Grilled Cheese Sandwich Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Fried Brown Rice Steamed Broccoli Steamed Carrots Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Mayonnaise Mustard	Beef Tips Steamed Rice Ham & Cheese on Bun` Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Seasoned Green Beans Raw Veggies with Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Mayonnaise Mustard	Southwest Dip & Chips Hamburger Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Whole Kernel Corn Glazed Carrots Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup
19 Roasted Chix Wings Turkey & Cheese Sandwich	20 Pepperoni Calzone Hamburger Fruit and Yogurt To Go	21 Cheesy Chix /Rice Turkey & Cheese/Bun Chix Salad w/Crackers	22 Spaghetti/Meat Sauce Ham and Cheese Sandwich	23 Walking Tacos Turkey & Cheese/Bun Chef Salad

7/23/24, 9:17 AM Lunch K-7

Ketchup

Fruit and Yogurt To Go Chef Salad Steamed Broccoli Fruit and Yogurt To Go Croutons Chef Salad Saltine Crackers **Glazed Carrots** Chix Salad w/Crackers Saltine Crackers Chef Salad Saltine Crackers Vegetable Juice Ranch Dressing Croutons Ranch Dressing Fresh Orange Smiles Saltine Crackers Croutons Whole Kernel Corn Raw Veggies with Dip Ranch Dressing Cucumber Slices w/Dip Chilled Fruits Croutons Crinkle Cut Fries Mixed Vegetables Fruit Juice Ranch Dressing Vegetable Juice Baked Beans Vegetable Juice **Garlic Toast** Spinach Salad Fresh Fruit Bowl Seasoned Green Beans Fresh Orange Smiles Low Fat Milk Seasoned Green Beans Chilled Fruits Vegetable Juice Chilled Fruits Chocolate Milk Vegetable Juice Fruit Juice Fresh Fruit Bowl Fruit Juice Mayonnaise Fresh Fruit Bowl Low Fat Milk Chilled Fruits Low Fat Milk Mustard Chilled Fruits Chocolate Milk Fruit Juice Chocolate Milk Dick & Jane Cookies Fruit Juice Mayonnaise Whole Wheat Roll **Garlic Toast** Ketchup Mustard Low Fat Milk Mayonnaise Low Fat Milk Chocolate Milk Mustard Chocolate Milk Ketchup Mayonnaise Mustard 26 27 28 29 30 Glazed BBQ Meatballs Chicken Tenders Cheeseburger Roasted Chix Wings Beefy Nachos Grande French Bread Pizza Chix Patty Sandwich on Hoagie Bun Turkey & Cheese Wrap Turkey & Cheese/Bun Grilled Chix Sandwich Fruit and Yogurt To Go Chef Salad Fruit and Yogurt To Go Chef Salad Fruit and Yogurt To Go Chef Salad Chef Salad Croutons Croutons Grilled Chicken Salad Saltine Crackers Saltine Crackers Croutons Saltine Crackers Chef Salad Croutons Ranch Dressing Saltine Crackers Ranch Dressing Saltine Crackers Ranch Dressing Spinach Salad Ranch Dressing Whole Kernel Corn Broccoli Florets w/ Dip Macaroni and Cheese Raw Veggies with Dip Croutons Steamed Rice Raw Veggies with Dip Vegetable Juice Ranch Dressing **Tater Tots** Black-Eyed Peas Crinkle Cut Fries Seasoned Green Beans Vegetable Juice Seasoned Cabbage Fresh Fruit Bowl Vegetable Juice Cucumber Slices w/Dip Fresh Fruit Bowl Vegetable Juice Chilled Fruits Fresh Fruit Bowl Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Fresh Orange Smiles Chilled Fruits Fruited Gelatin Chilled Fruits Low Fat Milk Chilled Fruits Fruit Juice Fruit Juice Fruit Juice Chocolate Milk Fruit Juice Whole Wheat Roll Low Fat Milk Cornbread Mayonnaise Low Fat Milk Chocolate Milk Low Fat Milk Mustard Low Fat Milk Chocolate Milk Chocolate Milk Ketchup Chocolate Milk Mayonnaise Ketchup Mayonnaise Mustard Variety of Dipping Sauce Mustard

Ketchup