



Lunch K-7

Monday	Tuesday	Wednesday	Thursday	Friday
1 Holiday	2 Cheeseburger French Bread Pizza Chef Salad Croutons Saltine Crackers Ranch Dressing Spinach Salad Cucumber Slices w/Dip Tater Tots Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruited Gelatin Fruit Juice Low Fat Milk Chocolate Milk Ketchup	3 Chicken Tenders Turkey & Cheese Wrap Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Seasoned Cabbage Raw Veggies with Dip Black-Eyed Peas Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Ketchup Variety of Dipping Sauce	4 Turkey & Cheese/Bun Chix Salad/Croissant Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Crinkle Cut Fries Seasoned Green Beans Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup Strawberry Gelatin	5 Beef-A-Roni Ham & Cheese on Bun Chef Salad Croutons Saltine Crackers Ranch Dressing Whole Kernel Corn Raw Veggies with Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Mayonnaise Mustard
8 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	9 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	10 Spaghetti/Meat Sauce Ham and Cheese Wrap Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Spinach Salad Steamed Carrots Green Peas Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Garlic Toast Low Fat Milk Chocolate Milk Mayonnaise Mustard	11 Pepperoni Pizza Wedge Turkey & Cheese/Bun Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Whole Kernel Corn Broccoli Salad Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Fruited Gelatin Low Fat Milk Chocolate Milk Mayonnaise Mustard	12 Chili with Beans Ham & Cheese on Bun Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Spinach Salad Seasoned Green Beans Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Mayonnaise Mustard Graham Crackers
15 Southern Chicken Sandwich Cheeseburger 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	16 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	17 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	18 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 Graham Crackers	19 Chili Cheese/Corn 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

<p>22</p> <p>Spaghetti/Meat Sauce Ham and Cheese Sandwich Fruit and Yogurt To Go Chix Salad w/Crackers Chef Salad Saltine Crackers Croutons Ranch Dressing Spinach Salad Seasoned Green Beans Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Garlic Toast Low Fat Milk Chocolate Milk</p>	<p>23</p> <p>Pepperoni Calzone Hamburger Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Cucumber Slices w/Dip Mixed Vegetables Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Ketchup Mayonnaise Mustard</p>	<p>24</p> <p>Cheesy Chix /Rice Turkey & Cheese/Bun Chix Salad w/Crackers Steamed Broccoli Glazed Carrots Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Garlic Toast Low Fat Milk Chocolate Milk Mayonnaise Mustard Dick & Jane Cookies</p>	<p>25</p> <p>Vegetable Beef Soup and Sandwich Combo Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Steamed Carrots Carrot, Pepper Strips, and Broccoli Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk</p>	<p>26</p> <p>Roasted Chix Wings Turkey & Cheese Sandwich Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Crinkle Cut Fries Baked Beans Seasoned Green Beans Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Ketchup Mayonnaise Mustard</p>
<p>29</p> <p>Chicken Nuggets Ham & Cheese on Bun` Fruit and Yogurt To Go Mashed Potatoes Cheesy Broccoli Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup Variety of Dipping Sauce Graham Crackers</p>	<p>30</p> <p>Hamburger Steak/Gravy Ham & Cheese on Bun` Fruit and Yogurt To Go Macaroni and Cheese Black-Eyed Peas Southern Turnip Greens Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Mayonnaise Mustard Assorted Gelatins with Whipped Topping</p>	<p>1</p> <p>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</p>	<p>2</p> <p>Chili with Beans Grilled Chix Sandwich Fruit and Yogurt To Go Grilled Chicken Salad Chef Salad Saltine Crackers Croutons Ranch Dressing Herbed Broccoli Baby Carrots w/Dip Vegetable Juice Blueberries w Topping Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup</p>	<p>3</p> <p>Walking Tacos 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</p>

This institution is an equal opportunity provider.