



# Lunch K-7

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meat Lovers Pizza Grilled Chix Sandwich Fruit and Yogurt To Go Grilled Chicken Salad Chef Salad Saltine Crackers Croutons Ranch Dressing Crinkle Cut Fries Cucumber Slices w/Dip Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup	2 Chicken Tenders Turkey & Cheese Wrap Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Black-Eyed Peas Seasoned Cabbage Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Ketchup Variety of Dipping Sauce	3 Roasted Chix Wings Turkey & Cheese/Bun Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Seasoned Green Beans Cheesy Msh Potatoes Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Ketchup Mayonnaise Mustard Graham Crackers	4 Chili Cheese/Corn Chips Turkey & Cheese/Bun Fruit and Yogurt To Go 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
7 Spaghetti/Meat Sauce Ham & Cheese on Bun 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	8 Southern Chicken Sandwich Cheeseburger Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Sweet Potatoes Fries Baked Beans Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Ketchup Mayonnaise Mustard	9 Chicken with Alfredo Sauce Turkey & Cheese/Bun Fruit and Yogurt To Go Chix Salad w/Crackers Steamed Broccoli Glazed Carrots Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Mayonnaise Mustard Assorted Gelatins with Whipped Topping	10 Beef-A-Roni Chix Patty Sandwich Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Seasoned Green Beans Spinach Salad Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup Dick & Jane Cookies	11 Walking Tacos Turkey & Cheese/Bun Fruit and Yogurt To Go 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
14 Stuffed Crust Pizza Turkey & Cheese/Bun Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Tater Tots Cucumber Slices w/Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup	15 Hamburger Steak/Gravy Ham & Cheese on Bun Fruit and Yogurt To Go Mashed Potatoes Black-Eyed Peas Southern Turnip Greens Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Mayonnaise Mustard	16 Mandarin Chicken Ham & Cheese on Bun Fruit and Yogurt To Go Chicken Egg Roll Steamed Rice California Veggies Vegetable Juice Garden Salad W/Dressing Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Graham Crackers	17 Beef Taco/Soft Shell Southern Chicken Sandwich Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Whole Kernel Corn Cucumber Slices w/Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup	18 Holiday
21 Holiday	22 Stuffed Crust Pizza Turkey & Cheese/Bun Fruit and Yogurt To Go	23 Chicken Spaghetti Ham and Cheese Wrap Fruit and Yogurt To Go	24 Beef Tips Steamed Rice Ham & Cheese on Bun	25 Chicken Fajitas Hamburger Fruit and Yogurt To Go

	<p>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</p>	<p>Chef Salad Saltine Crackers Croutons Ranch Dressing Steamed Carrots Green Peas Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Garlic Toast Low Fat Milk Chocolate Milk Mayonnaise Mustard</p>	<p>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</p>	<p>Chef Salad Saltine Crackers Croutons Ranch Dressing Spanish Rice Steamed Broccoli Glazed Carrots Vegetable Juice Fresh Orange Smiles Chilled Fruits Flavored Raisins Fruit Juice Low Fat Milk Chocolate Milk Assorted Puddings Ketchup Mayonnaise Mustard</p>
28	29	30	1	2
<p>Beefy Nachos Grande Turkey &amp; Cheese/Bun Fruit and Yogurt To Go 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>	<p>Chicken Tenders Turkey &amp; Cheese Wrap Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Steamed Rice Brown Gravy Black-Eyed Peas Seasoned Cabbage Fresh Fruit Bowl Chilled Fruits Flavored Raisins Fruit Juice Cornbread Low Fat Milk Chocolate Milk Ketchup Variety of Dipping Sauce</p>	<p>Cheeseburger French Bread Pizza Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Spinach Salad Broccoli Florets w/ Dip Tater Tots Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruited Gelatin Fruit Juice Low Fat Milk Chocolate Milk Ketchup</p>	<p>Chicken Quesadillas Chix Patty Sandwich Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Spinach Salad California Veggies Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Southern Mud Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup</p>	<p>Mexican Pizza Grilled Chix Sandwich Fruit and Yogurt To Go Crinkle Cut Fries Mixed Vegetables Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup</p>

This institution is an equal opportunity provider.