Choice of $1 \%$ white milk or Skim Chocolate is included in your meal \% M N * Monday

WELCOME BACK
STUDENTS
ON TUESDAY
NO FOOLING!
Spaghetti \& Meatballs 8 MS Garlic toast\HS Garlic Knot

Steamed Broccoli Pears HS ALT
Chicken Alfredo
Pizza Dippers with 15 Marinara sauce Corn Peaches Candy Chip Cookie ALT Salad Bar

Hot dog on Bun Ketchup \& Mustard)
Sun Chips Broccoli Spicy Apples
HS only sugar cookie ALT Salad Bar

Chicken Nuggets
BBQ or Ranch Dipping Sauce Yellow Rice
Oregano Carrots Peaches Sugar Cookie
Alt: Popcorn Chicken Al. Popcorn Chicken

Salad Bar is available every day for all. ALT is for High School Only

| TUesdoy |
| :---: |
| Corrn Dog |
| (Kethup \&ustard] |
| Cheesy Broccoli \& Rice |
| Mexican Corn |
| Mixed Fruit |
| ALT Salad Bar |
|  |
| BBQ Pork Sandwich |
| HS Sun Chips |
| Baked Beans |
| Green Beans |
| Applesauce |
| HS ALT Chicken Patty on Bun |
| Lite Mayo |

Taco Meat w Cheese 6
Soft shell taco
Refried Beans
Salsa, Fresh Tomatoes, Sour Cream
Mandarin Oranges
ALT Salad Bar

Cheeseburger 23
Potato Wedges (Ketchup \& Mustard) Tomato Slices, Lettuce, Onions

Rosemary Carrots
Nutmeg Peaches Alt Salad Bar

Chicken \& Biscuit 30 with Gravy
Dilly Green Beans Mixed Fruit HS ALT
Cheese Quesadilla \& Salsa


May Choose between Lunch main meal, Salad Bar with 2 proteins \& 2 breads or alternate meal.
Must take $1 \backslash 2$ cup of veggies and fruit.
Students Must Choose 3 of the 5 Food Components for Lunch from Vegetable, Fruit, Milk, Grain, or Meat $\backslash$ Alternative

