

LUNCH MENU

Grades K-8

School Year 2016-2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Baked Chicken Thigh Steamed Broccoli Mashed Potatoes Whole Wheat Bread Peaches	Bean and Cheese Burrito Black Beans Yellow Rice Pineapple	Orange Chicken Brown Rice Gingered Carrots Sesame Green Beans Strawberry-Mango Frozen Fruit Juice	Hamburger on Whole Grain Bun Mustard/Ketchup Diced Sweet Potatoes Baked Beans Pears	All American Sandwich (Turkey, Turkey Ham, Turkey Bologna and Cheese on WW Bun) Mayo/Mustard Green Peas Mixed Vegetables Apple Juice
WEEK 2	WG Cheese Enchilada Brown Rice Yellow Corn Mandarin Oranges	WG Breaded Chicken Nuggets with BBQ Sauce Whole Wheat Bread Mashed Sweet Potatoes Green Beans Mixed Fruit	Meatball Sub on Whole Grain Bun Mixed Vegetables Pineapple	Baked Chicken Thigh Brown Rice Baked Beans Potatoes O'Brien Whole Grain Dinner Roll Grape Juice	Twisted Macaroni & Cheese Broccoli Steamed Carrot Coins Kiwi-Strawberry Frozen Fruit Juice
WEEK 3	Southwest Nachos Salsa Baby Carrots WG Apple Cinnamon Waffle Grahams Pineapple	Whole Grain Rotini Noodles with Meat Sauce Steamed Broccoli Whole Grain Dinner Roll Applesauce	Sesame Chicken Brown Rice Gingered Carrots Asian Vegetable Blend WG Dinner Roll/Margarine Blended Fruit Juice	Hamburger on Whole Grain Bun Mustard/Ketchup Baked Beans Green Beans Citrus Fruit Salad	Turkey & Cheese on Whole Grain Bun Mayo/Mustard Corn/Mixed Vegetables Blue Raspberry Lemon Frozen Fruit Juice
WEEK 4	Pulled Chicken Sliders on Whole Grain Roll Baked Beans Corn Apple Juice	Ravioli with Meat Sauce Green Beans Whole Grain Bread Margarine Peaches	Baked Chicken Thigh Brown Rice Steamed Carrots Scalloped Potatoes Mandarin Oranges	Hamburger on Whole Grain Bun Mustard/Ketchup Diced Sweet Potatoes Green Peas Strawberry-Mango Frozen Fruit Juice	Flame-Broiled Chicken Strips with BBQ Sauce Steamed Broccoli Mixed Vegetables Whole Grain Roll Pineapple

1% Low-fat milk or fat-free chocolate milk served with all meals.

