



Students **MUST** select one entrée with a side of fruit or vegetables each day for lunch, but may take all side items offered.



Meals Available Daily:  
 PBJ w/Cheese Stick w/Side  
 Cheese Sandwich w/Side  
 Fruit & Yogurt Parfait w/Granola (MS/HS)  
 Turkey Deli Sandwich w/Celery Sticks (HS)  
 Fresh Express (HS)

Additional Sides Available Daily:  
 Fresh Fruit  
 Salad of the Day  
 1% or Skim White Milk, or Fat-Free Chocolate Served Daily w/Meals

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**Macaroni & Cheese** 1

Sides:  
 Cauliflower  
 Strawberry Cup

Fresh Express HS: Antipasto Salad w/Roll

**MEGA Crispy Chicken Leg** w/Corn Muffin 2  
**OR Chicken Sandwich**

Sides:  
 Baked Potato  
 Diced Peaches

Fresh Express HS: Chicken Caesar Salad w/Roll

**Buffalo Chicken Pizza** 5  
**OR Cheese Pizza**

Sides:  
 Celery w/Ranch  
 Fruit Cocktail

Fresh Express HS: Chicken Caesar Salad w/Roll

**Beef Quesadilla** 6  
 w/Peppers, Onions & Salsa

Sides:  
 Pinto Beans  
 Pineapple Tidbits

Fresh Express HS: Antipasto Salad w/Roll

**Garden Burger OR Classic Burger** 7  
 w/Lettuce & Tomato

Sides:  
 Carrot Coins  
 Diced Pears

Fresh Express HS: Mid East Salad Plate w/Pita Pocket

**HALF DAY OF SCHOOL BAGGED LUNCHES AVAILABLE**

**Roasted Chicken w/Corn Muffin** 9  
**OR Chicken Sandwich**

Sides:  
 Sweet Red Peppers  
 Diced Peaches

Fresh Express HS: Chicken Caesar Salad w/Roll

**Pepperoni Pizza** 12  
**OR Cheese Pizza**

Sides:  
 Vegetable of the Day  
 Fruit Cocktail

Fresh Express HS: Chicken Caesar Salad w/Roll

**Mexican Meatballs** 13  
 w/Rice & Beans

Sides:  
 Broccoli  
 Pineapple Tidbits

Fresh Express HS: Antipasto Salad w/Roll

**Turkey Love w/Corn Muffin** 14  
 \*Chocolate Kiss

Sides:  
 Mashed Potatoes  
 Strawberry Cup  
 Strawberry Milk

Fresh Express HS: Mid East Salad Plate w/Pita Pocket

**Toasted Cheese Sandwich** 15

Sides:  
 Chunky Tomato Soup  
 Diced Pears

Fresh Express HS: Antipasto Salad w/Roll

**Buffalo Chicken Sandwich** 16  
**OR Chicken Sandwich**

Sides:  
 Carrot Coins  
 Diced Peaches

Fresh Express HS: Chicken Caesar Salad w/Roll

**NO SCHOOL WINTER RECESS** 19

**NO SCHOOL WINTER RECESS** 20

**NO SCHOOL WINTER RECESS** 21

**NO SCHOOL WINTER RECESS** 22

**NO SCHOOL WINTER RECESS** 23

**Garlic Cheese Pizza w/Sauce** 26  
**OR Cheese Pizza**

Sides:  
 Broccoli  
 Fruit Cocktail

Fresh Express HS: Chicken Caesar Salad w/Roll

**Turkey Taco Bowl** 27  
 w/Lettuce, Tomato & Cheese

Sides:  
 Vegetarian Refried Beans  
 Pineapple Tidbits

Fresh Express HS: Antipasto Salad w/Roll

**Bacon Burger OR Classic Burger** 28  
 w/Lettuce & Tomato

Sides:  
 Green Beans  
 Diced Pears

Fresh Express HS: Mid East Salad Plate w/Pita Pocket



It is our intent to have these choices available to all students at all times. However, there may be occasions when choices are limited.