



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)
 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



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5
**NO SCHOOL
 SUPERINTENDENT'S
 CONFERENCE DAY**

6
**Turkey Burger OR
 Classic Burger**
 w/Lettuce & Tomato
Offered Sides:
 Cowboy Beans
 Diced Pears
Fresh Express HS: Mid East Salad
 Plate w/Pita Pocket

7
Macaroni & Cheese
Offered Sides:
 Cauliflower
 Strawberry Cup
Fresh Express HS: Antipasto Salad
 w/Roll

8
**MEGA Crispy Chicken Leg
 w/Corn Muffin
 OR Chicken Sandwich**
Offered Sides:
 Baked Potato
 Diced Peaches
Fresh Express HS: Chicken Caesar
 Salad w/Roll

11
**Buffalo Chicken Pizza
 OR Cheese Pizza**
Offered Sides:
 Celery w/Ranch
 Fruit Cocktail
Fresh Express HS: Chicken Caesar
 Salad w/Roll

12
Beef & Cheese Quesadilla
 w/Peppers, Onions & Salsa
Offered Sides:
 Pinto Beans
 Pineapple Tidbits
Fresh Express HS: Antipasto Salad
 w/Roll

13
**Cheeseburger OR
 Classic Burger**
 w/Lettuce & Tomato
Offered Sides:
 Carrot Coins
 Diced Pears
Fresh Express HS: Mid East Salad
 Plate w/Pita Pocket

14
Veggie Gyro
 w/Feta & Beans
Offered Sides:
 Sweet Potato Crisps
 Strawberry Cup
Fresh Express HS: Antipasto Salad
 w/Roll

15
**Curry Chicken Over Rice
 OR Chicken Sandwich**
Offered Sides:
 Sweet Corn
 Diced Peaches
Fresh Express HS: Chicken Caesar
 Salad w/Roll

18
**Pepperoni Pizza
 OR Cheese Pizza**
Offered Sides:
 Green Peas
 Fruit Cocktail
Fresh Express HS: Chicken Caesar
 Salad w/Roll

19
Orange Chicken w/Fried Rice
Offered Sides:
 Broccoli
 Pineapple Tidbits
Fresh Express HS: Antipasto Salad
 w/Roll

20
**Cheddar Ranch Burger OR
 Classic Burger**
 w/Lettuce & Tomato
Offered Sides:
 Baked Beans
 Diced Pears
Fresh Express HS: Mid East Salad
 Plate w/Pita Pocket

21
Veggie Noodle Bowl
 w/Edamame
Offered Sides:
 Red Peppers & Carrots
 Strawberry Cup
Fresh Express HS: Antipasto Salad
 w/Roll

22
**Buffalo Chicken Sandwich
 OR Chicken Sandwich**
Offered Sides:
 Carrot Coins
 Diced Peaches
Fresh Express HS: Chicken Caesar
 Salad w/Roll

25
**Garlic Cheese Pizza w/Sauce
 OR Cheese Pizza**
Offered Sides:
 Broccoli
 Fruit Cocktail
Fresh Express HS: Chicken Caesar
 Salad w/Roll

26
Beef Taco Bowl
 w/Lettuce, Tomato & Cheese
Offered Sides:
 Vegetarian Refried Beans
 Pineapple Tidbits
Fresh Express HS: Antipasto Salad
 w/Roll

27
**Bacon Burger OR
 Classic Burger**
 w/Lettuce & Tomato
Offered Sides:
 Green Beans
 Diced Pears
Fresh Express HS: Mid East Salad
 Plate w/Pita Pocket

28
Cheesy Chili Potato
 w/Pita Chips
Offered Sides:
 Tomatoes & Broccoli
 Strawberry Cup
Fresh Express HS: Antipasto Salad
 w/Roll

29
**Chicken Fajitas w/Salsa
 OR Chicken Sandwich**
Offered Sides:
 Peppers & Onions
 Diced Peaches
Fresh Express HS: Chicken Caesar
 Salad w/Roll

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