**Please Note:** Milk choice includes a variety of non-fat or 1% (flavored or unflavored) milk. One milk choice must be unflavored.

Reduced fat dressing is served with salads and fresh vegetables.

Menus were planned using all whole grain-rich products. Beginning July 1, 2019, at least half of the weekly grains in the school lunch menu and the school breakfast menu must be whole grain-rich.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** | | | |
|  | K-5 | 6-8 | 9-12 |
| **Week 1**  Pig in a Blanket  **Or**  Peanut Butter & Jelly Sandwich  Roasted Red Potatoes  Broccoli w/Cheese  Fresh Cantaloupe  Canned Fruit Choice  Milk Choice | Chicken Wrap  Spanish Brown Rice  **Or**  Chicken Crispito  Spanish Brown Rice  Romaine Lettuce  Tomato Slice  Sautéed Zucchini  Diced Pears  **Oatmeal Cookie**  **(9-12)**  Fresh Fruit Choice  Milk Choice | Spaghetti w/  Meat Sauce  Garlic Bread  **Or**  Hamburger on a Bun  Garden Salad  Green Beans  Honeydew Melon  Canned Fruit Choice  Milk Choice | Taco Salad  & Tortilla Chips and Salsa  **Or**  Yogurt & Blueberry Oat Muffin Plate  Red Bell Pepper Strips  Refried Beans  Romaine Lettuce  Apple Salad  **Cinnamon Puff**  **(6-12)**  Canned Fruit Choice  Milk Choice | Chicken & Noodles  **Whole Wheat Roll**  **(6-12)**  **Or**  Turkey & Cheese Sub Sandwich  Mashed Potatoes  Fresh Baby Carrots  Fresh Grapes  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **643**  **777**  **8.3%** | **669**  **797**  **7.9%** | **779**  **851**  **7.4%** |
| **Week 2**  Mini Meatball Sub  **Or**  Fruit, Yogurt & Granola Parfait  Ranch Potato Wedges  Tossed Salad  Fresh Apple  Canned Fruit Choice  Milk Choice | BBQ Chicken Drumstick  Whole Wheat Roll  **Or**  Popcorn Chicken  Whole Wheat Roll  Baked Beans  Creamy Cole Slaw  Fresh Baby Carrots  Fresh Nectarine  Canned Fruit Choice  Milk Choice | White Chicken Chili  Cornbread Muffin  **Or**  Rock and Roll  Beef Wrap  Cherry Tomatoes  Cucumber Slices  Fresh Blueberries  Canned Fruit Choice  Milk Choice | Cheese Pizza  **Or**  Grilled Chicken Sandwich  Broccoli Florets  Fresh Baby Carrots  Diced Peaches  Fresh Fruit Choice  Milk Choice | Biscuits & Gravy  **Sausage Patty**  **(6-12)**  **Or**  Pepperoni Pizza  Fresh Sugar Snap Peas  Hash Brown Patty  Fresh Strawberries  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **618**  **837**  **6.8%** | **657**  **887**  **6.9%** | **803**  **1007**  **6.5%** |

**Fall Cycle**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** | | | |
|  | K-5 | 6-8 | 9-12 |
| **Week 3**  Pork Rib on a Bun  **Or**  Peanut Butter & Jelly Sandwich  Dark Green Leaf Lettuce  & Tomato Slice  Sweet Potato Puffs  Fresh Cantaloupe  Canned Fruit Choice  Milk Choice | Taco Soup  & Tortilla Chips  **Or**  Chicken Crispito  & Tortilla Chips  Tomato Salsa  Refried Beans  Diced Pears  Fresh Fruit Choice  Milk Choice | Corn Dog  **Or**  Hamburger on a Bun  Green Beans  Tater Tots  Honeydew Melon  Snickerdoodle  Canned Fruit Choice  Milk Choice | Chicken Quesadilla  **Tortilla Chips (9-12)**  **Or**  Yogurt & Blueberry Oat Muffin Plate  **Tortilla Chips (9-12)**  **Black Bean & Corn Salsa (9-12)**  Broccoli Florets  Fresh Baby Carrots  Apple Salad  Canned Fruit Choice  Milk Choice | Cowboy Cavatini  Whole Wheat Roll  **Or**  Turkey & Cheese Sub Sandwich  Seasoned Corn  Garden Salad  Fresh Grapes  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **655**  **856**  **7.7%** | **661**  **858**  **7.5%** | **823**  **922**  **6.9%** |
| **Week 4**  Hamburger on a Bun  **Or**  Fruit, Yogurt & Granola Parfait  Dark Green Leaf Lettuce  Tomato Slice  Oven Fries  Fresh Apple  Canned Fruit Choice  Milk Choice | Chili  **Tortilla Chips (9-12)**  **Or**  Popcorn Chicken  **Tortilla Chips (9-12)**  Red Bell Pepper Strips  Sliced Cucumber  Fresh Nectarine  Cinnamon Roll  Canned Fruit Choice  Milk Choice | Chicken Nuggets  Whole Wheat Roll  **Or**  Rock and Roll  Beef Wrap  Mashed Potatoes  & Gravy  Tossed Salad  Fresh Blueberries  Canned Fruit Choice  Milk Choice | Baked Ham  Angel Biscuit & Jelly  **Or**  Grilled Chicken Sandwich  Apple Glazed Sweet Potatoes  Green Beans  Diced Peaches  **Honey Apple Crisp (9-12)**  Fresh Fruit Choice  Milk Choice | Macaroni & Cheese  Meatballs  **Whole Wheat Bread & Jelly (6-12)**  **Or**  Pepperoni Pizza  Baked Beans  Fresh Baby Carrots  Fresh Strawberries  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **637**  **880**  **8.9%** | **655**  **899**  **8.7%** | **813**  **957**  **7.9%** |

**Fall Cycle, continued**

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