**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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** |
|  | K-5 | 6-8 | 9-12 |
| **Week 1**Pig in a Blanket**Or**Peanut Butter & Jelly SandwichRoasted Red PotatoesBroccoli w/CheeseFresh CantaloupeCanned Fruit ChoiceMilk Choice | Chicken WrapSpanish Brown Rice**Or**Chicken CrispitoSpanish Brown RiceRomaine LettuceTomato SliceSautéed ZucchiniDiced Pears**Oatmeal Cookie****(9-12)**Fresh Fruit ChoiceMilk Choice | Spaghetti w/Meat SauceGarlic Bread**Or**Hamburger on a BunGarden SaladGreen BeansHoneydew MelonCanned Fruit ChoiceMilk Choice | Taco Salad& Tortilla Chips and Salsa**Or**Yogurt & Blueberry Oat Muffin PlateRed Bell Pepper StripsRefried BeansRomaine LettuceApple Salad**Cinnamon Puff****(6-12)**Canned Fruit ChoiceMilk Choice | Chicken & Noodles**Whole Wheat Roll****(6-12)****Or**Turkey & Cheese Sub SandwichMashed PotatoesFresh Baby CarrotsFresh GrapesCanned Fruit ChoiceMilk 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 ParfaitRanch Potato WedgesTossed SaladFresh AppleCanned Fruit ChoiceMilk Choice | BBQ Chicken DrumstickWhole Wheat Roll**Or**Popcorn ChickenWhole Wheat RollBaked BeansCreamy Cole SlawFresh Baby CarrotsFresh NectarineCanned Fruit ChoiceMilk Choice | White Chicken ChiliCornbread Muffin**Or**Rock and RollBeef WrapCherry TomatoesCucumber SlicesFresh BlueberriesCanned Fruit ChoiceMilk Choice | Cheese Pizza**Or**Grilled Chicken SandwichBroccoli FloretsFresh Baby CarrotsDiced PeachesFresh Fruit ChoiceMilk Choice | Biscuits & Gravy**Sausage Patty****(6-12)****Or**Pepperoni PizzaFresh Sugar Snap PeasHash Brown PattyFresh StrawberriesCanned Fruit ChoiceMilk 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 SandwichDark Green Leaf Lettuce& Tomato SliceSweet Potato PuffsFresh CantaloupeCanned Fruit ChoiceMilk Choice | Taco Soup& Tortilla Chips**Or**Chicken Crispito& Tortilla ChipsTomato SalsaRefried BeansDiced PearsFresh Fruit ChoiceMilk Choice | Corn Dog**Or**Hamburger on a BunGreen BeansTater TotsHoneydew MelonSnickerdoodleCanned Fruit ChoiceMilk Choice | Chicken Quesadilla**Tortilla Chips (9-12)****Or**Yogurt & Blueberry Oat Muffin Plate**Tortilla Chips (9-12)****Black Bean & Corn Salsa (9-12)**Broccoli FloretsFresh Baby CarrotsApple SaladCanned Fruit ChoiceMilk Choice | Cowboy CavatiniWhole Wheat Roll**Or**Turkey & Cheese Sub SandwichSeasoned CornGarden SaladFresh GrapesCanned Fruit ChoiceMilk 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 ParfaitDark Green Leaf LettuceTomato SliceOven FriesFresh AppleCanned Fruit ChoiceMilk Choice | Chili**Tortilla Chips (9-12)****Or**Popcorn Chicken**Tortilla Chips (9-12)**Red Bell Pepper StripsSliced CucumberFresh NectarineCinnamon RollCanned Fruit ChoiceMilk Choice | Chicken NuggetsWhole Wheat Roll**Or**Rock and RollBeef WrapMashed Potatoes & GravyTossed SaladFresh BlueberriesCanned Fruit ChoiceMilk Choice | Baked HamAngel Biscuit & Jelly**Or**Grilled Chicken SandwichApple Glazed Sweet PotatoesGreen BeansDiced Peaches**Honey Apple Crisp (9-12)**Fresh Fruit ChoiceMilk Choice | Macaroni & CheeseMeatballs**Whole Wheat Bread & Jelly (6-12)****Or**Pepperoni PizzaBaked BeansFresh Baby CarrotsFresh StrawberriesCanned Fruit ChoiceMilk 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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