**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**  Hot Ham & Cheese  on a Bun  **Or**  Pork Rib on a Bun  Potato Wedges  Red Bell Pepper Strips  Fresh Apple  Canned Fruit Choice  Milk Choice | Pepperoni Pizza  **Or**  Popcorn Chicken  **Whole Wheat Roll (9-12)**  Broccoli Florets  Cherry Tomatoes  Fruit Cocktail  Fresh Fruit Choice  Milk Choice | Taco Burger  on a Bun  **Tortilla Chips (6-12)**  **Or**  Fruit, Yogurt & Granola Parfait  **Tortilla Chips (6-12)**  Tomato Salsa  Dark Green Leaf Lettuce  Refried Beans  Fresh Raspberries  Canned Fruit Choice  Milk Choice | Lasagna  Garlic Bread Stick  w/ Marinara Sauce  **Or**  Turkey & Cheese Sub Sandwich  Garden Salad  Fresh Baby Carrots  Fresh Grapes  Chocolate Chip Cookie  Canned Fruit Choice  Milk Choice | Chicken Patty  Whole Wheat Roll  **Or**  Peanut Butter & Jelly Sandwich  Mashed Potatoes  & Gravy  Steamed Asparagus  Fresh Peach  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **649**  **890**  **8.5%** | **683**  **858**  **8.4%** | **759**  **910**  **7.6%** |
| **Week 2**  Sweet and Sour Chicken Nuggets  Seasoned Brown Rice  **Or**  Yogurt & Blueberry Oat Muffin Plate  Asian Fresh Vegetables  Cherry Tomatoes  Fresh Pear  Canned Fruit Choice  Milk Choice | Super Nachos  **Or**  Chicken Crispito  Romaine Lettuce  Southwestern Lentils  Tomato Salsa  Fresh Plum  Canned Fruit Choice  Milk Choice | Cheese Breadsticks w/ Marinara Sauce  **Or**  Grilled Chicken Sandwich  Seasoned Corn  Tossed Salad  Fresh Watermelon  Canned Fruit Choice  Milk Choice | Pulled Pork Sandwich  **Or**  Hamburger on a Bun  Creamy Cole Slaw  Baked Beans  Applesauce  Fresh Fruit Choice  Milk Choice | Rock and Roll  Beef Wrap  **Or**  Cheese Pizza  Steamed Carrots  Broccoli Florets  Fresh Orange  **Cherry Crisp (6-12)**  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **627**  **706**  **8.8%** | **664**  **722**  **8.6%** | **790**  **772**  **8.8%** |

**Spring Cycle**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** | | | |
|  | K-5 | 6-8 | 9-12 |
| **Week 3**  Chicken Tetrazzini  Garlic Bread  **Or**  Pork Rib on a Bun  Tossed Salad  Sliced Cucumber  Baby Carrots  Fresh Apple  Canned Fruit Choice  Milk Choice | Hamburger on a Bun  **Or**  Popcorn Chicken  **Whole Wheat Roll (9-12)**  Dark Green Leaf Lettuce  Tomato Slice  Oven Fries  Red Bell Pepper Strips  Fruit Cocktail  Fresh Fruit Choice  Milk Choice | Pancakes  Sausage Patty  **Or**  Fruit, Yogurt & Granola Parfait  Hash Brown Patty  Green Beans  Fresh Raspberries  Canned Fruit Choice  Milk Choice | Baked Chicken Drumstick  w/ Savory Rice  & Oatmeal Roll  **Or**  Turkey & Cheese Sub Sandwich  Fresh Broccoli Cherry Tomatoes  Fresh Grapes  Canned Fruit Choice  Milk Choice | Yummy Sloppy Joe on a Bun  **Or**  Peanut Butter & Jelly Sandwich  Roasted Red Potatoes  Edamame  Fresh Peach  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **636**  **814**  **7.7%** | **666**  **847**  **7.7%** | **772**  **923**  **7.2%** |
| **Week 4**  Beef & Bean Burrito  **Tortilla Chips (9-12)**  **Or**  Yogurt & Blueberry Oat Muffin Plate  **Tortilla Chips (9-12)**  Tomato Salsa  Romaine Lettuce  Mexican Corn  Fresh Pear  Canned Fruit Choice  Milk Choice | Stromboli Squares  **Garlic Breadstick (9-12)**  **Or**  Chicken Crispito  Garden Salad  Fresh Baby Carrots  Fresh Plum  Canned Fruit Choice  Milk Choice | BBQ Beef on a Bun  **Or**  Grilled Chicken Sandwich  Fresh Snow Peas  Baked Beans  Fresh Watermelon  **Royal Brownie**  **(6-12)**  Canned Fruit Choice  Milk Choice | Turkey & Cheese Sub Sandwich  **Or**  Hamburger on a Bun  Dark Green Leaf Lettuce  Tomato Slice  Sweet Potato Fries  Applesauce  Fresh Fruit Choice  Milk Choice | Country Style  Beef Pattie  **Whole Wheat Roll (6-12)**  **Or**  Cheese Pizza  Mashed Potatoes  & Gravy  Steamed Broccoli  Fresh Orange  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **613**  **782**  **7.6%** | **655**  **821**  **7.5%** | **780**  **870**  **6.9%** |

**Spring Cycle, continued**

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