**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**Hot Ham & Cheeseon a Bun**Or**Pork Rib on a BunPotato WedgesRed Bell Pepper StripsFresh AppleCanned Fruit ChoiceMilk Choice | Pepperoni Pizza**Or**Popcorn Chicken**Whole Wheat Roll (9-12)**Broccoli FloretsCherry TomatoesFruit CocktailFresh Fruit ChoiceMilk Choice | Taco Burger on a Bun**Tortilla Chips (6-12)** **Or**Fruit, Yogurt & Granola Parfait**Tortilla Chips (6-12)**Tomato SalsaDark Green Leaf LettuceRefried BeansFresh RaspberriesCanned Fruit ChoiceMilk Choice | LasagnaGarlic Bread Stickw/ Marinara Sauce**Or**Turkey & Cheese Sub SandwichGarden SaladFresh Baby CarrotsFresh GrapesChocolate Chip CookieCanned Fruit ChoiceMilk Choice | Chicken PattyWhole Wheat Roll **Or**Peanut Butter & Jelly SandwichMashed Potatoes & GravySteamed AsparagusFresh PeachCanned Fruit ChoiceMilk 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 NuggetsSeasoned Brown Rice**Or**Yogurt & Blueberry Oat Muffin Plate Asian Fresh VegetablesCherry TomatoesFresh PearCanned Fruit ChoiceMilk Choice | Super Nachos**Or**Chicken CrispitoRomaine LettuceSouthwestern LentilsTomato SalsaFresh PlumCanned Fruit ChoiceMilk Choice | Cheese Breadsticks w/ Marinara Sauce**Or**Grilled Chicken SandwichSeasoned CornTossed SaladFresh WatermelonCanned Fruit ChoiceMilk Choice | Pulled Pork Sandwich**Or**Hamburger on a BunCreamy Cole SlawBaked BeansApplesauceFresh Fruit ChoiceMilk Choice | Rock and RollBeef Wrap**Or**Cheese PizzaSteamed CarrotsBroccoli FloretsFresh Orange**Cherry Crisp (6-12)**Canned Fruit ChoiceMilk 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 TetrazziniGarlic Bread**Or** Pork Rib on a BunTossed SaladSliced CucumberBaby CarrotsFresh AppleCanned Fruit ChoiceMilk Choice | Hamburger on a Bun**Or**Popcorn Chicken**Whole Wheat Roll (9-12)**Dark Green Leaf LettuceTomato SliceOven FriesRed Bell Pepper StripsFruit CocktailFresh Fruit ChoiceMilk Choice | PancakesSausage Patty**Or**Fruit, Yogurt & Granola ParfaitHash Brown PattyGreen BeansFresh RaspberriesCanned Fruit ChoiceMilk Choice | Baked Chicken Drumstick w/ Savory Rice & Oatmeal Roll**Or**Turkey & Cheese Sub SandwichFresh Broccoli Cherry TomatoesFresh GrapesCanned Fruit ChoiceMilk Choice | Yummy Sloppy Joe on a Bun**Or**Peanut Butter & Jelly SandwichRoasted Red PotatoesEdamameFresh PeachCanned Fruit ChoiceMilk 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 SalsaRomaine LettuceMexican CornFresh PearCanned Fruit ChoiceMilk Choice | Stromboli Squares**Garlic Breadstick (9-12)****Or**Chicken Crispito Garden SaladFresh Baby CarrotsFresh PlumCanned Fruit ChoiceMilk Choice | BBQ Beef on a Bun**Or**Grilled Chicken SandwichFresh Snow PeasBaked BeansFresh Watermelon**Royal Brownie** **(6-12)**Canned Fruit ChoiceMilk Choice | Turkey & Cheese Sub Sandwich**Or**Hamburger on a BunDark Green Leaf LettuceTomato SliceSweet Potato FriesApplesauceFresh Fruit ChoiceMilk Choice | Country StyleBeef Pattie**Whole Wheat Roll (6-12)****Or**Cheese PizzaMashed Potatoes & GravySteamed BroccoliFresh OrangeCanned Fruit ChoiceMilk 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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