**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** |
|
| **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 Burgeron 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 |
| **Week 2**Sweet and Sour Chicken NuggetsSeasoned Brown Rice**Or**Yogurt & Blueberry Oat Muffin PlateAsian 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 |

**Spring Cycle**

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| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|
| **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 Drumstickw/ 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 |
| **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 CrispitoGarden 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 |

**Spring Cycle, continued**

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