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

Reduced fat dressing is served with salads and fresh vegetables.

All Grain items are Whole Grain Rich.

##### Spring Cycle

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** |
|  | K-5 | 6-8 | 9-12 |
| **Week 1**Hot Ham & Cheeseon a BunPotato WedgesBroccoli FloretsFruit CocktailFruit Choice - FreshMilk Choice | Pepperoni PizzaTossed SaladCherry TomatoesFresh OrangeFruit Choice - CannedMilk Choice | Taco Burger on a Bun**Tortilla Chips (6-12)** Tomato SalsaDark Green Leaf LettuceTomato SliceRefried BeansFresh BananaFruit Choice - CannedMilk Choice | LasagnaGarlic Bread Stickw/ Marinara SauceGarden SaladFresh AppleChocolate Chip CookieFruit Choice - CannedMilk Choice | Chicken PattyWhole Wheat Roll & HoneyMashed Potatoes & GravySteamed AsparagusSliced PearsFruit Choice - FreshMilk Choice | **Calories****Sodium (mg)****% of Total Calories from Sat. Fat** | **648****1164****7.9%** | **678****1179****8.3%** | **768****1206****7.7%** |
| **Week 2**Sweet and Sour Chicken Nuggets Seasoned Brown RiceAsian Fresh VegetablesCherry Tomatoes Celery SticksTropical FruitFruit Choice - FreshMilk Choice | Super NachosRefried BeansSouthwestern LentilsFresh MixedFruit CupFruit Choice - CannedMilk Choice | Cheese Breadsticks w/ Marinara SauceSeasoned CornTossed SaladFresh KiwiFruit Choice - CannedMilk Choice | Pulled Pork SandwichCreamy Cole SlawBaked BeansFresh StrawberriesFruit Choice - CannedMilk Choice | Rock and RollBeef WrapSteamed CarrotsFresh Pineapple**Cherry Crisp (6-12)**Fruit Choice - CannedMilk Choice | **Calories****Sodium (mg)****% of Total Calories from Sat. Fat** | **650****1070****9.4%** | **685****1083****9.2%** | **801****1145****9.2%** |

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Reduced fat dressing is served with salads and fresh vegetables.

All Grain items are Whole Grain Rich.

##### Spring Cycle, continued

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** |
|  | K-5 | 6-8 | 9-12 |
| **Week 3**Chicken TetrazziniGarlic BreadTossed SaladSeasoned PeasApricot HalvesFruit Choice - FreshMilk Choice | Hamburger on a BunDark Green Leaf LettuceTomato SliceOven FriesRed Bell Pepper StripsFresh ClementineFruit Choice - CannedMilk Choice | Beef & NoodlesMashed PotatoesGreen BeansFresh Grapes**Blueberry Oat Muffin (6-12)**Fruit Choice - CannedMilk Choice | Baked Chicken DrumstickSavory RiceOatmeal Roll & JellyFresh Broccoli Cherry TomatoesFresh MangoFruit Choice - CannedMilk Choice | Yummy Sloppy Joe on a BunRoasted Red PotatoesEdamameFresh AppleFruit Choice - CannedMilk Choice | **Calories****Sodium (mg)****% of Total Calories from Sat. Fat** | **637****857****7.0%** | **663****893****6.9%** | **784****966****6.5%** |
| **Week 4**Beef & Bean Burrito**Tortilla Chips (9-12)** Tomato SalsaRomaine & TomatoMexican CornFresh BananaFruit Choice - CannedMilk Choice | Stromboli Squares**Garlic Breadstick (9-12)**Garden SaladFresh Baby CarrotsDiced PeachesFruit Choice - FreshMilk Choice | BBQ Beef on a BunFresh Snow PeasBaked BeansSummer Fruit Salad**Royal Brownie (6-12)**Fruit Choice - CannedMilk Choice | Turkey & Cheese Sub SandwichDark Green Leaf LettuceTomato SliceSweet Potato FriesFresh KiwiFruit Choice - CannedMilk Choice | Country StyleBeef Pattie**Whole Wheat Roll & Jelly (6-12)**Mashed Potatoes & GravySteamed BroccoliFresh PineappleFruit Choice - CannedMilk Choice | **Calories****Sodium (mg)****% of Total Calories from Sat. Fat** | **633****1154****7.2%** | **681****1195****6.9%** | **798****1232****6.8%** |

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