Regular Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | 1  Spaghetti and Meat Sauce  Broccoli  Sauteed Summer Squash  Tangerine  Whole Grain Roll with butter  Milk  *Veg: Spaghetti with Cheese* | 2  2 Oven Fried Chicken Legs  Whole Grain Biscuit with butter  Mashed sweet potatoes  4-way vegetable mix  Watermelon  Milk  *Veg. Vegan Nuggets* | 3  Hamburger Patty with Lettuce, Tomato, Onion  Ketchup, Mustard, Mayo  Whole Grain Bun  Baked beans  Cheesy Broccoli  Blueberry cobbler  Milk  *Veg: Veggie Burger with Lettuce, Tomato, and Onion* | A red sign with white text  AI-generated content may be incorrect.4 |
| 7  Chicken Tikka Masala  Basmati Rice  Sauteed Spinach  Ginger Cauliflower  Mandarin Orange  Milk  *Veg: Chickpea marsala* | 8  Meatloaf with Gravy  Cornbread  Broccoli  Scalloped Potatoes  Banana  Milk  *Veg : Vegan Beef Strips* | 9  Chicken Spinach Alfredo Bake  Whole Grain Biscuit with Butter  Roasted beets  Italian Vegetables  Strawberries  Milk  *Veg: Chix strips* | 10  Oven Roasted Haddock  Whole Grain Quinoa  Dinner Roll with Butter  Baked Beans  Kale  Cherries  Milk  *Veg: Vegan Fish Patty* | 11  Vegetarian Lasagna  Garlic Bread  Broccoli and Cauliflower  Cannellini bean  Tangerine  Milk  *Veg: Same* |
| 14  Chinese Style Vegetables with Teriyaki Salmon  Brown Rice  Sautéed Spinach  Edamame  Orange Wedges  Milk  *Veg: Teriyaki Tofu* | 15  2 Oven Fried Chicken Legs  Whole Grain Corn Muffin with Butter  Kale  Creole Style Black Eyed Peas  Cherry Cobbler  Milk  *Veg: Chicks Strips* | 16  Cheesy Italian Rice and Meatball  Whole Grain Roll with Butter  Sautéed Squash  Corn  Watermelon  Milk  *Veg: soy meatballs and added bean* | 17  Chicken in Orange Sauce  Whole Grain Rice  Stir Fry Vegetables  Cauliflower  Berries  Milk  *Veg: chix strips in orange sauce* | 18  Macaroni and Cheese  Vegetarian Baked Beans  Cucumber Salad  Stewed Tomatoes  Grapes  Milk  *Veg: Same* |

Regular Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 21  Korean Beef  Jasmine Rice  Whole Grain Roll with butter  Garlic Seasoned Green Beans  Mango  Milk  *Veg: Korean Soy Beef over Whole Grain Rice* | 22  Salisbury Steak with mushroom gravy  Whole Grain Roll with Butter  Smashed Red Potatoes  Catalina Vegetables  Clementine  Milk  *Veg: vegetarian patty* | 23  Teriyaki Chicken  Whole Grain Asian noodle  Edamame  Pears  Carrots  Milk  *Veg: Chicken Strips Veg* | 24  Grilled Pollock Fish with Tartar Sauce  Whole Grain Roll  Sweet potato  Steamed garlic Kale  Banana  Milk  *Veg Vegan Fish Patty* | 25  Ground Turkey  Spanish Rice  String Cheese  Black beans  Peach Cobbler  Milk  *Veg: black beans Spanish rice* |
| 28  Chicken Carnitas Sorghum Burrito Bowl  Pita Bread  Elotes  Pears  Milk  *Veg Bean Sorghum Burrito Bowl* | 29  Cod Filet  Whole Grain Noodles with butter  Creamed Spinach  Carrots  Oranges  Milk  *Veg: Vegan Fish* | A red sign with white text  AI-generated content may be incorrect.30 | 31  Turkey Burger with Lettuce, Tomato, Onion  Ketchup, Mustard, Mayo  Whole Grain Bun  Snap Peas  Zucchini  Pineapple  Milk  *Veg: Veggie Burger with Lettuce, Tomato, and Onion* |  |

Chef Salad Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | 1  Turkey Slice  Mild Cheddar Cheese  Sliced Egg  Whole Grain Corn muffin  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Garlic Herb Crotons  Tropical Fruit  Milk | 2  Chicken Strips  Monterey Cheese  Whole Grain Corn Bread  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Strips Wonton  Pears  Milk | 3  Turky Slice  Mild Cheddar Cheese  Sliced Egg  Whole Grain Sliced Bread  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Garlic Herb Crotons  Mix Fruit  Milk | A red sign with white text  AI-generated content may be incorrect.4 |
| 7  Diced Chicken  Monterey Cheese  Sliced Egg  Whole Grain Dinner roll  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Strips Wonton  Peach  Milk | 8  Turkey Slice  Mild Cheddar Cheese  Sliced Egg  Whole Grain Corn muffin  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Garlic Herb Crotons  Tropical Fruit  Milk | 9  Chicken Strips  Monterey Cheese  Whole Grain Corn Bread  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Strips Wonton  Pears  Milk | 10  Turky Slice  Mild Cheddar Cheese  Sliced Egg  Whole Grain Sliced Bread  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Garlic Herb Crotons  Mix Fruit  Milk | 11  Diced Chicken  Monterey Cheese  Sliced Egg  Whole Grain Dinner roll  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Strips Wonton  Mandarin Oranges  Milk |
| 14  Diced Chicken  Monterey Cheese  Sliced Egg  Whole Grain Dinner roll  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Strips Wonton  Peach  Milk | 15  Turkey Slice  Mild Cheddar Cheese  Sliced Egg  Whole Grain Corn muffin  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Garlic Herb Crotons  Tropical Fruit  Milk | 16  Chicken Strips  Monterey Cheese  Whole Grain Corn Bread  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Strips Wonton  Pears  Milk | 17  Turky Slice  Mild Cheddar Cheese  Sliced Egg  Whole Grain Sliced Bread  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Garlic Herb Crotons  Mix Fruit  Milk | 18  Diced Chicken  Monterey Cheese  Sliced Egg  Whole Grain Dinner roll  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Strips Wonton  Mandarin Oranges  Milk |

Chef Salad Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 21  Diced Chicken  Monterey Cheese  Sliced Egg  Whole Grain Dinner roll  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Strips Wonton  Peach  Milk | 22  Turkey Slice  Mild Cheddar Cheese  Sliced Egg  Whole Grain Corn muffin  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Garlic Herb Crotons  Tropical Fruit  Milk | 23  Chicken Strips  Monterey Cheese  Whole Grain Corn Bread  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Strips Wonton  Pears  Milk | 24  Turky Slice  Mild Cheddar Cheese  Sliced Egg  Whole Grain Sliced Bread  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Garlic Herb Crotons  Mix Fruit  Milk | 25  Diced Chicken  Monterey Cheese  Sliced Egg  Whole Grain Dinner roll  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Strips Wonton  Mandarin Oranges  Milk |
| 28  Diced Chicken  Monterey Cheese  Sliced Egg  Whole Grain Dinner roll  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Strips Wonton  Peach  Milk | 29  Turkey Slice  Mild Cheddar Cheese  Sliced Egg  Whole Grain Corn muffin  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Garlic Herb Crotons  Tropical Fruit  Milk | A red sign with white text  AI-generated content may be incorrect.30 | 31  Turky Slice  Mild Cheddar Cheese  Sliced Egg  Whole Grain Sliced Bread  Mix Salad with Dressing  Cherry Tomato  Sliced Cucumber  Garlic Herb Crotons  Mix Fruit  Milk |  |

Fruit Salad Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | 1  Cottage Cheese  String Cheese  Cup Assorted fresh Fruit (Diced)  Whole Grain blueberry muffin  Milk | 2  Greek Yogurt  String Cheese  Cup Assorted fresh Fruit  Whole Grain Cream Cheese Stuffed mini bagel  Milk | 3  Cottage Cheese  String Cheese  Cup Assorted fresh Fruit (Diced)  Whole Grain Apple muffin  Milk | A red sign with white text  AI-generated content may be incorrect.4 |
| 7  Greek Yogurt  String Cheese  Cup Assorted fresh Fruit  Whole Grain Cream Cheese Stuffed mini bagel  Milk | 8  Cottage Cheese  String Cheese  Cup Assorted fresh Fruit (Diced)  Whole Grain blueberry muffin  Milk | 9  Greek Yogurt  String Cheese  Cup Assorted fresh Fruit  Whole Grain Cream Cheese Stuffed mini bagel  Milk | 10  Cottage Cheese  String Cheese  Cup Assorted fresh Fruit (Diced)  Whole Grain Apple muffin  Milk | 11  Greek Yogurt  String Cheese  Cup Assorted fresh Fruit  Whole Grain Blueberry Muffin  Milk |
| 14  Greek Yogurt  String Cheese  Cup Assorted fresh Fruit  Whole Grain Cream Cheese Stuffed mini bagel  Milk | 15  Cottage Cheese  String Cheese  Cup Assorted fresh Fruit (Diced)  Whole Grain blueberry muffin  Milk | 16  Greek Yogurt  String Cheese  Cup Assorted fresh Fruit  Whole Grain Cream Cheese Stuffed mini bagel  Milk | 17  Cottage Cheese  String Cheese  Cup Assorted fresh Fruit (Diced)  Whole Grain Apple muffin  Milk | 18  Greek Yogurt  String Cheese  Cup Assorted fresh Fruit  Whole Grain Blueberry Muffin  Milk |
| 21  Greek Yogurt  String Cheese  Cup Assorted fresh Fruit  Whole Grain Cream Cheese Stuffed mini bagel  Milk | 22  Cottage Cheese  String Cheese  Cup Assorted fresh Fruit (Diced)  Whole Grain blueberry muffin  Milk | 23  Greek Yogurt  String Cheese  Cup Assorted fresh Fruit  Whole Grain Cream Cheese Stuffed mini bagel  Milk | 24  Cottage Cheese  String Cheese  Cup Assorted fresh Fruit (Diced)  Whole Grain Apple muffin  Milk | 25  Greek Yogurt  String Cheese  Cup Assorted fresh Fruit  Whole Grain Blueberry Muffin  Milk |
| 28  Greek Yogurt  String Cheese  Cup Assorted fresh Fruit  Whole Grain Cream Cheese Stuffed mini bagel  Milk | 29  Cottage Cheese  String Cheese  Cup Assorted fresh Fruit (Diced)  Whole Grain blueberry muffin  Milk | A red sign with white text  AI-generated content may be incorrect.30 | 31  Cottage Cheese  String Cheese  Cup Assorted fresh Fruit (Diced)  Whole Grain Apple muffin  Milk |  |