

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> <b>Chicken Nuggets</b> WITH: Roasted Red Bliss Potatoes Baby Carrot with Ranch Dip Pineapple &amp; Melon Salad</p>	<p><b>3</b> <b>Whole Wheat Spaghetti with Turkey Meat Sauce</b> WITH: Fresh Cut Green Beans Romaine Salad with Low Fat Italian Dressing Peaches and Pears</p>	<p><b>4</b> <b>Crispy Chicken Sliders</b> on a Whole Grain Bun WITH: Sweet Potato Fries Warm Cannellini Beans with Fresh Spinach and Tomatoes Juicy Orange Wedges</p>	<p><b>5</b> <b>All Beef Hot Dog</b> WITH: Whole Wheat Bun Slow Cooked Baked Beans Southern Style Potato Salad Seedless Grapes</p>	<p><b>6</b> <b>Whole Wheat Cheese Pizza</b> WITH: Garden Salad with Low Fat Italian Dressing Mixed Up Fruit Cup</p>
<p><b>9</b> <b>Chicken Parmesan</b> OVER: Whole Wheat Noodles WITH: Green Beans Garden Salad with Italian Dressing Diced Pears</p>	<p><b>10</b> <b>Whole Grain Chicken Strips</b> WITH: Sweet &amp; Sour Sauce Tea House Brown Rice Baked Beans Baby Carrots with Dill Dip Mandarin Orange &amp; Pineapple</p>	<p><b>11</b> <b>American Hamburger</b> WITH: Whole Wheat Bun Sliced Cheese Sweet Potato Fries Ranchero Beans Seedless Grapes</p>	<p><b>12</b> <b>Oven Roasted Turkey Breast with Gravy</b> WITH: Whole Grain Roll Green Beans Mashed Potatoes Whole Apple</p>	<p><b>13</b> <b>Cheesy Twist and Shout Pasta</b> WITH: Garden Salad with Low Fat Ranch Dressing Mixed Up Fruit Cup</p>
<p><b>16</b></p> <div style="border: 1px solid pink; padding: 10px; text-align: center; color: pink; font-weight: bold;"> <p>No School!</p> </div>	<p><b>17</b> <b>Lemon Pepper Drumsticks</b> WITH: Macaroni &amp; Cheese Garden Green Peas Baked Beans Peaches and Pears</p>	<p><b>18</b> <b>Breakfast for Lunch! Cheesy Egg Scramble</b> WITH: Whole Wheat Waffle Sticks with Syrup Breakfast Potatoes Baby Carrots with Ranch Dip Red Delicious Applesauce</p>	<p><b>19</b> <b>Whole Wheat Creamy Chicken Alfredo Pasta</b> WITH: Fresh Baked Whole Wheat Roll Simply Steamed Corn Romaine Salad with Low Fat Italian Dressing Whole Banana</p>	<p><b>20</b> <b>All Beef Hot Dog</b> WITH: Garden Salad with Low Fat Italian Dressing Mixed Up Fruit Cup</p>
<p><b>23</b> <b>Chef-fil-a Breaded Chicken Sandwich</b> on a Whole Wheat Bun WITH: Celery Sticks with Dill Dip Mashed Potatoes Mandarin Oranges</p>	<p><b>24</b> <b>Soft Turkey Taco</b> on a Whole Grain Tortilla WITH: Shredded Cheese, Lettuce, and Salsa Chef Made Corn &amp; Black Bean Salad Fresh Banana</p>	<p><b>25</b> <b>Home-Style Macaroni and Cheese</b> WITH: Green Peas Broccoli Trees with Red Pepper Dip Sliced Peaches</p>	<p><b>26</b> <b>Whole Grain Chicken Corn Dog</b> WITH: Slow Cooker Baked Beans Sweet Potato Fries Tropical Fruit Salad</p>	<p><b>27</b> <b>Oven Crisped Chicken Nuggets</b> WITH: Garden Salad with Low Fat Ranch Dressing Mixed Up Fruit Cup</p>
<div style="border: 1px solid pink; padding: 10px; background-color: #e0e0e0;"> <p><b>Milk is Included with All Meals</b> Choose 1% White or Fat Free Chocolate Milk</p> </div>				



**No High Fructose Corn Syrup**  
**Trans Fat Free**  
**No Artificial Sweeteners**  
**No MSG**  
Locally sourced ingredients included whenever possible

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Chicken Nuggets</b> Soy, Wheat, Milk, Eggs <b>Red Potatoes</b> None <b>Baby Carrots</b> None <b>Ranch Dip</b> Soy, Milk, Eggs <b>Pineapple/Melon</b> None	<b>3</b> <b>Spaghetti** &amp; Meat Sauce</b> Wheat <b>Green Beans</b> None <b>Salad</b> None <b>Italian Dressing</b> Soy <b>Peaches &amp; Pears</b> None	<b>4</b> <b>Chicken Sliders</b> Soy, Wheat, Milk, Eggs <b>Sweet Potato Fries</b> Wheat <b>Cannellini Salad</b> Milk <b>Oranges</b> None	<b>5</b> <b>Beef Hot Dog</b> Soy, Wheat <b>Baked Beans</b> None <b>Potato Salad</b> Egg, Soy <b>Grapes</b> None	<b>6</b> <b>Pizza</b> Milk, Wheat, Soy <b>Salad</b> None <b>Italian Dressing</b> Soy <b>Fruit Cup</b> None
<b>9</b> <b>Chicken Parm</b> Wheat, Egg, Soy, Milk <b>Green Beans</b> None <b>Salad</b> None <b>Italian Dressing</b> Soy, Milk <b>Diced Pears</b> None	<b>10</b> <b>Chicken Strips</b> Soy, Wheat, Milk, Egg <b>Sweet &amp; Sour</b> Soy, Wheat <b>Brown Rice</b> Soy, Wheat <b>Baked Beans</b> None <b>Carrots</b> None <b>Dill Dip</b> Soy, Milk <b>Mandarin/Pineapple</b> None	<b>11</b> <b>Hamburger</b> Soy <b>Bun</b> Soy, Wheat <b>Cheese</b> Soy, Milk <b>Potato Wedges</b> Soy <b>Ranchero Beans</b> None <b>Grapes</b> None	<b>12</b> <b>Turkey with Gravy</b> Wheat <b>Roll</b> Soy, Wheat, Milk <b>Green Beans</b> None <b>Mashed Potatoes</b> Soy, Milk <b>Apple</b> None	<b>13</b> <b>Mac &amp; Cheese**</b> Wheat, Milk <b>Salad</b> None <b>Ranch</b> Soy, Milk, Egg <b>Fruit Cup</b> None
<b>16</b> <div style="border: 1px solid black; padding: 10px; text-align: center; width: fit-content; margin: 0 auto;"> <b>No School!</b> </div>	<b>17</b> <b>Drumsticks</b> None <b>Mac &amp; Cheese</b> Soy, Wheat, Milk <b>Green Peas</b> None <b>Baked Beans</b> None <b>Peaches/Pears</b> None	<b>18</b> <b>Egg</b> Soy, Milk, Eggs <b>Waffle</b> Soy, Wheat, Milk, Egg <b>Syrup</b> None <b>Potatoes</b> None <b>Baby Carrots</b> None <b>Ranch Dip</b> Soy, Milk, Egg <b>Applesauce</b> None	<b>19</b> <b>Chicken Alfredo **</b> Soy, Wheat, Milk <b>Roll</b> Soy, Wheat <b>Corn</b> None <b>Salad</b> None <b>Italian Dressing</b> Soy <b>Banana</b> None	<b>20</b> <b>Beef Hot Dog</b> Soy, Wheat <b>Salad</b> None <b>Italian Dressing</b> Soy <b>Fruit Cup</b> None
<b>23</b> <b>Chicken Sandwich</b> Soy, Wheat, Milk, Egg <b>Celery Sticks</b> None <b>Dill Dip</b> Soy, Milk <b>Mashed Potatoes</b> None <b>Mandarin</b> None	<b>24</b> <b>Turkey Taco</b> Wheat, Soy <b>Cheese</b> Milk <b>Lettuce</b> None <b>Salsa</b> None <b>Corn &amp; Black Bean</b> None <b>Banana</b> None	<b>25</b> <b>Mac &amp; Cheese**</b> Wheat, Milk <b>Green Peas</b> None <b>Broccoli Trees</b> None <b>Pepper Dip</b> Soy, Milk <b>Sliced Peaches</b> None	<b>26</b> <b>Corn Dog</b> Soy, Wheat, Milk, Egg <b>Baked Beans</b> None <b>Sweet Potato Fries</b> Wheat <b>Fruit Salad</b> None	<b>27</b> <b>Chicken Nuggets</b> Soy, Wheat, Milk, Eggs <b>Salad</b> None <b>Ranch</b> Soy, Milk, Egg <b>Fruit Cup</b> None
<div style="border: 1px solid black; padding: 10px; margin: 0 auto;"> <p><b>V = Vegetarian Entrée Options</b></p> <p><b>Milk is Included with All Meals</b> Choose 1% White or Fat Free Chocolate Milk</p> </div>				

**\*\*All Pasta Products are Processed in a Facility that Uses Egg\*\***

This list is comprised of the most common allergens we chart, including eggs, soy product, wheat, and milk. Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program.