

**A Nourished Student is a Learning Student!**

This institution is an equal opportunity provider.



**Sun Mon**

1  
**No School**

8  
Mozzarella Cheese Topped Breadsticks  
1/4 cup Marinara Sauce  
1/4 cup Seasoned Peas  
1/4 cup Diced Pears

15  
5 Whole Grain Mini Chicken Corn Dogs  
1/4 cup Corn & Carrots  
1/4 cup Cinnamon Applesauce

22  
Hamburger  
On a Whole Wheat Bun  
1/4 cup Vegetarian Baked Beans  
1/4 cup Blueberry Parfait

29  
Whole Grain Breaded Chicken Nuggets  
1/4 cup Seasoned Corn  
1/4 cup Diced Pears

**Tue**

2  
Honey BBQ Chicken Meatballs  
Whole Grain Corn Bread Poppers  
1/4 cup Baked Squash  
1/4 cup Mixed Fruit

9  
9oz Reduced Fat Taco Meat and  
1oz Shredded Cheddar Cheese  
1 Whole Grain Tortilla Shell  
1/4 cup Refried Beans  
1/4 cup Salsa  
1 Strawberry Cup

16  
6oz Reduced Fat Macaroni & Cheese  
1/4 cup Seasoned Broccoli  
1/4 cup Mixed Fruit

23  
1 Egg & Cheese Muffin Sandwich  
2 Hashbrown Rounds  
1 bag Baby Carrots  
1 Fresh Banana

30  
3 Sweet & Sour Beef Meatballs Served w/ Vegetable Fried Rice  
1/4 cup Far East Vegetable Blend  
1/4 cup Mixed Fruit

**Wed**

3  
2.5 oz Tangerine Chicken  
1/4 cup Vegetable Fried Rice  
1/4 cup Seasoned Corn  
1/4 cup Diced Peaches

10  
2 Cheese-Stuffed Shell Pasta w.  
1/4 cup Marinara Sauce  
1/4 cup Seasoned Broccoli  
1/4 cup Spiced Apples

17  
3 Beef Dippers  
1 Whole Grain Dinner Roll  
1/4 cup Whipped Sweet Potatoes  
1 Fresh Banana

24  
WCS made White Chicken Chili with Beans  
1 Whole Grain Dinner Roll  
Strawberry Cup

**Thu**

4  
Mini Whole Grain Cheese Quesadillas  
1/4 cup Refried Beans  
1/4 cup Salsa  
1/4 cup Cinnamon Applesauce

11  
Breaded Chicken Patty on Whole Grain Bun  
1/4 cup Seasoned Carrots  
1/4 cup Diced Peaches

18  
Whole Grain Breaded Chicken Tenders  
1/4 cup Edamame Corn Salad  
1/4 cup Diced Peaches

25  
BBQ Beef Rib Patty on a Whole Wheat Bun  
1/4 cup Seasoned Broccoli  
1/4 cup Diced Peaches

**Fri**

5  
Hot off the Grill Turkey Ham & Cheese Sandwich  
1 Mozzarella Cheese Stick  
1 bag Broccoli Buds  
1 Bag Fresh Apple Slices

12  
**No School**

19  
Cold Tasty Brands Pizza Lunch Kit  
(Whole Grain Flat Bread, Cheese, & Marinara Sauce)  
1 Bag Baby Carrots  
1 Bag Apple Slices

26  
**No School**

**Sat**

1% WHITE MILK INCLUDED WITH LUNCH

**IMPORTANT!**

Due to nationwide food shortages and supply chain issues, menus are subject to change depending on availability.

