

✓✓✓ LUNCH

PRICES: Student - \$x, Adult - \$x

SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONTENT)

Fresh Green **Salad** (1 per meal) - Lettuce Blend, Caesar, Spinach Mix, Oriental **OR** Greek (1/2 cup = 15 calories, 3 g carbohydrate, 1 g protein)
Low Fat Dressing/Dip (2 tbls = 45 cal, 5 g fat)

Fresh **Veggies** (1 per meal) - Carrots, Celery, Broccoli, Cauliflower, Cucumber, **OR** Tomatoes (1/4 c = 15 cal, 3 g carb, 1 g pro)

Fresh **Fruit** (1 per meal) - Apple, Orange, Banana, Cantaloupe, Grapes, **OR** Watermelon (1/2 c = 60 cal, 15 g carb)

Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30th	31st	1st	2nd	3rd
PB & J Sandwich Baked Chips Salad, Veggies, Fruit, Milk	Chef Salad Garlic Breadstick Salad, Veggies, Fruit, Milk	Deli Submarine Baked Chips Salad, Veggies, Fruit, Milk	Chicken Salad Sandwich Rice Krispie Bar Salad, Veggies, Fruit, Milk	Roast Beef Hoagie Baked Chips Salad, Veggies, Fruit, Milk
6th	7th	8th	9th	10th
NO SCHOOL TODAY	Philly Cheesesteak Potato Wedges Salad, Veggies, Fruit, Milk	Chicken Fajita Wrap Latin Rice Pilaf Salad, Veggies, Fruit, Milk	Cheesy Breadsticks w/Marinara Sauce Salad, Veggies, Fruit, Milk	Southwest Mac & Cheese Garlic Breadstick Salad, Veggies, Fruit, Milk
13th	14th	15th	16th	17th
Beef Taco Salad Fruit Churros Veggies, Fruit, Milk	BBQ Chicken Sandwich Baked Beans Salad, Veggies, Fruit, Milk	Spaghetti w/Meatsauce Garlic Toast Salad, Veggies, Fruit, Milk	Teriyaki Chicken Legs Jasmine Rice Salad, Veggies, Fruit, Milk	Meatball Hoagie Roasted Potatoes Salad, Veggies, Fruit, Milk
20th	21st	22nd	23rd	24th
Beef Gyro on Pita Bread Rice Pilaf Salad, Veggies, Fruit, Milk	White Chicken Chili Corn Muffin Salad, Veggies, Fruit, Milk	BBQ Beef Sandwich Potato Wedges Salad, Veggies, Fruit, Milk	Turkey Salad Pocket Pita Deli Coleslaw Salad, Veggies, Fruit, Milk	Beef & Cheese Nachos Refried Beans Salad, Veggies, Fruit, Milk
27th	28th	29th	30th	
Chicken Caesar Salad Garlic Breadstick Veggies, Fruit, Milk	Beef & Cheese Lasagna French Bread Salad, Veggies, Fruit, Milk	Grilled Cheese Sandwich Tomato Soup Salad, Veggies, Fruit, Milk	Beef Quesadilla Mexican Rice Salad, Veggies, Fruit, Milk	



✓✓✓ BREAKFAST

PRICES: Student - \$x, Adult - \$x

SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONTENT)

Fruit Juice - Apple, Orange, or Grape (1/2 c = 60 cal, 15 g carb)

Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Breakfast Cereal String Cheese Fruit Juice, Milk	Assorted Muffins Fruit Yogurt Fruit Juice, Milk	New York Bagel Cream Cheese & PB Fruit Juice, Milk	Mini Breakfast Loaves Cheese Stick Fruit Juice, Milk	Yogurt Parfait w/Granola Fruit Juice, Milk

✓✓✓ AFTER SCHOOL SNACK

PRICE: \$x

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Animal Crackers Fresh Fruit or Juice	Pretzels Fresh Fruit or Juice	Goldfish Crackers Fresh Fruit or Juice	Chex Snack Mix Fresh Fruit or Juice	Cheese Stick Fresh Fruit or Juice

MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS

Note: Menus may use ingredients that contain peanut, other nut/seed, milk, egg, soybean, and other products.

ANY QUESTIONS? PLEASE CONTACT:

SCHOOL OFFICE @ xxx-xxx-xxxx or DONE RIGHT FOOD @ 651-702-5998 or www.donerightfood.com