


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change without notice.	WE OFFER FAT FREE, 1% OR CHOCOLATE MILK WITH ALL MEALS		1 Popcorn Chicken Corn Dog Grilled Cheese Sandwich w/ Soup Broccoli Fruit Cereal	2 Meatball Sub Pepperoni Pizza American Sub Sandwich Peas Fruit Pancakes
5 	6 Chicken Alfredo Clubhouse Chef Salad Chicken Tacos Broccoli Fruit Muffin	7 Pepperoni Pizza Teriyaki Chicken Strawberry Parfait Carrots Fruit Cereal	8 Ham & Cheese Wrap Chicken Patty Burger Baked Penne Pasta Refried Beans Fruit Mollette	9 Macaroni & Cheese Turkey & Cheese Sandwich Chicken Tenders Green Beans Fruit Poptart
12 Crispy Chicken Sandwich Meatball Sub Turkey, Ham & Cheese Pinwheel Green Beans Fruit Bagel with Cream Cheese	13 BKL: French Toast w/ Sausage Italian Sandwich Enchiladas Carrots Fruit Breakfast Burrito	14 Hot Dog Sweet n Sour Chick'n Crispy Chicken Salad Broccoli Fruit Yogurt	15 Cheeseburger Crispy Chicken Wrap Nachos Corn Fruit Cereal	16 Beef Tacos Quesadilla Fiesta Salad Refried Beans Fruit Breakfast Pizza
19 Teriyaki Chicken Chicken Nuggets Ham & Cheese Sandwich Green Beans Fruit Breakfast Pastry	20 Chicken Caesar Salad Grilled Cheese Sandwich w/ Soup Pepperoni Pizza Carrot Fruit Quesadilla	21 Clubhouse Chef Salad Orange Chicken Spaghetti w/ Meatsauce Broccoli Fruit Muffin	22 Crispy Chicken Sandwich Taco Quesadilla Turkey & Cheese Sandwich Tater Tots Fruit Poptart	23 Macaroni & Cheese Hamburger Ham & Cheese Wrap Green Beans Fruit Cereal
26 Quesadilla Crispy Chicken Wrap Corn Dog Green Beans Fruit Yogurt	27 Beef Tacos Chicken Alfredo Italian Deli Sandwich Refried Beans Fruit Egg & Cheese Sandwich	28 Clubhouse Fiesta Salad Hot Dog Sweet n Sour Chicken Broccoli Fruit Mini French Toast	29 Beefy Nachos Cheeseburger Ham & Cheese Sandwich Corn Fruit Cereal	30 Caesar Salad Pepperoni Pizza Jumbo Popcorn Chicken Carrots Fruit Breakfast Pastry

USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.

Nutritional information is available at the food service office.

*Indicates pork product



"This institution is an equal opportunity provider."

WE OFFER FAT FREE, 1% OR CHOCOLATE MILK WITH ALL MEALS
Students Must Select 3 out of the 5 Meal Components.
One Of The 3 Components Selected, MUST Be Fruit or Vegetable.

