

Milk is offered daily

Reimbursable Lunch: 3 items, 1 must be a fruit or vegetable

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Spaghetti w/ Meat Sauce *HS Green Beans Low Sodium* Breadsticks (Bosco) Mandarin Oranges* Mixed Fruit Cups* Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk Lettuce/Spinach Salad mix French Dressing DLynch Ranch Dressing HS Black Olives	2 Spaghetti w/ Meat Sauce *HS Green Beans Low Sodium* Breadsticks (Bosco) Mandarin Oranges* Mixed Fruit Cups* Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk Lettuce/Spinach Salad mix French Dressing DLynch Ranch Dressing HS Black Olives
5 Beef Gravy includes meat * Mashed Potatoes (Idahoan) * Corn (canned)* Applesauce Unsweetened* PINEAPPLE CHUNKS:Light Syrup* Cottage Cheese* Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk Lettuce/Spinach Salad mix Baby Carrots* Cherry Tomato* Black Olives Ranch Dressing HS French Dressing DLynch Bread- Whole grain white*	6 Hamburger on W/G Bun * French Fries Ovation * HS KETCHUP * CARROTS: Low Sodium * PEACHES: canned,light syrup* Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk French Dressing DLynch Ranch Dressing HS Cherry Tomato* Black Olives	7 Chicken nuggets Waffles w/g PEARS: canned,syrup * Baby Carrots* Ranch Dressing HS Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk Syrup Cup Lettuce/Spinach Salad mix French Dressing DLynch Cherry Tomato*	8 Sub Sandwich Tortilla chips HS NACHO CHEESE SAUCE BROCCOLI: frozen, boiled * Pineapple Cup * Baby Carrots* Ranch Dressing HS Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk Cherry Tomato* Tomatoes, fresh sliced Black Olives French Dressing DLynch Lettuce/Spinach Salad mix	9 Goulash* Green Beans Low Sodium* Breadsticks (Bosco) Mandarin Oranges* Mixed Fruit Cups* Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk Lettuce/Spinach Salad mix French Dressing DLynch Ranch Dressing HS Black Olives

12

Walking Taco
Spanish Rice
Shredded Cheddar cheese*
SALSA:COMMODITY*
Corn (canned)*
REFRIED BEANS*
PINEAPPLE CHUNKS:Light Syrup*
FRUIT,FRESH ASSORTED
ED
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk
Lettuce/Spinach Salad mix
Black Olives
Cherry Tomato*
Baby Carrots*
Ranch Dressing HS
French Dressing DLynch

13

Rib Patty Sandwich*
French Fries Ovation * HS
S
PEACHES: canned,light syrup*
BROCCOLI: frozen, boiled *
Baby Carrots*
Ranch Dressing HS
French Dressing DLynch
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk
Cherry Tomato*
Black Olives
Lettuce/Spinach Salad mix

14

Goulash*
Breadsticks (Bosco)
Green Beans Low Sodium*
Mixed Fruit Cups*
PEARS: canned,syrup *
Baby Carrots*
Ranch Dressing Cups RC*
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk
Lettuce/Spinach Salad mix
French Dressing DLynch
Black Olives
Cherry Tomato*

15

chicken fajita*
CARROTS: Low Sodium*
Shredded Cheddar cheese*
Lettuce
FRUIT,FRESH ASSORTED
ED
PINEAPPLE CHUNKS:Light Syrup*
Salad, Mixed Greens*
SALAD DRESSING,Assorted*
Sour Cream Packet *
SALSA:COMMODITY*
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk

16

Pepperoni Pizza
Corn (canned)*
FRUIT,FRESH ASSORTED
ED
Baby Carrots*
PEARS: canned,syrup *
1% Low fat White* Milk
Skim*Milk
Chocolate FF* Milk
Ranch Dressing HS
French Dressing DLynch
Lettuce/Spinach Salad mix
Cherry Tomato*
Black Olives

19

Chicken nuggets
Mashed Potatoes (Idahoan) *
Corn (canned)*
PEARS: canned,syrup *
Baby Carrots*
Ranch Dressing HS
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk
Lettuce/Spinach Salad mix
French Dressing DLynch
Cherry Tomato*

20

Beefburger
Bun, hamburger, Wheat, whole g
Tater Tots * HS
PEARS: canned,syrup *
FRUIT,FRESH ASSORTED
ED
Dill Pickle Slices*
Ranch Dressing HS
French Dressing DLynch
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk
Lettuce/Spinach Salad mix
Black Olives
Cherry Tomato*
Ketchup Packet

21

Weiner Winks* HS
Baked Beans (Bush's)*
PEACHES: canned,light syrup*
Ranch Dressing Cups RC*
Baked Lays chips*
Baby Carrots*
KETCHUP *
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk
Lettuce/Spinach Salad mix
French Dressing DLynch
Cherry Tomato*

22

Mandarin Orange Chicken W/G*
Lo Mein
Sweet and Sour Sauce HS
Mixed Vegetables Frozen*
Mandarin Oranges*
FRUIT,FRESH ASSORTED
ED
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk
Lettuce/Spinach Salad mix
French Dressing DLynch
Ranch Dressing HS
Cherry Tomato*
Black Olives

23

Cooks Choice

26

Nachos & Cheese & Meat at HS
 REFRIED BEANS*
 Corn (canned)*
 Spanish Rice
 Applesauce Unsweetened*
 FRUIT,FRESH ASSORTED
 ED
 Skim*Milk
 1% Low fat White* Milk
 Chocolate FF* Milk
 Salsa Cups*
 Sour Cream Packet *
 Cherry Tomato*
 Black Olives
 French Dressing D'Lynch
 Lettuce/Spinach Salad mix
 Ranch Dressing HS

27

Tenderloin on W/g Bun *
 Coleslaw
 PEACHES: canned,light syrup*
 BROCCOLI: frozen, boiled *
 KETCHUP *
 Skim*Milk
 1% Low fat White* Milk
 Chocolate FF* Milk
 Lettuce/Spinach Salad mix
 Ranch Dressing HS
 French Dressing D'Lynch
 Cherry Tomato*
 Tomatoes, fresh sliced
 Black Olives

28

Lasagna HS
 Breadsticks (Bosco)
 FRUIT,FRESH ASSORTED
 ED
 PEARS: canned,syrup *
 Green Beans Low Sodium*
 Skim*Milk
 1% Low fat White* Milk
 Chocolate FF* Milk
 Black Olives
 Cherry Tomato*
 Baby Carrots*
 Ranch Dressing HS
 Lettuce/Spinach Salad mix
 French Dressing D'Lynch

29

Meatballs Beef
 Mashed Potatoes (Idahoan) *
 Beef Gravy Mix*
 Bread- Whole grain white*
 Margarine Portion Cups*
 Mixed Fruit Cups*
 Baby Carrots*
 Ranch Dressing HS
 Skim*Milk
 1% Low fat White* Milk
 Chocolate FF* Milk
 Lettuce/Spinach Salad mix
 French Dressing D'Lynch
 Black Olives
 Cherry Tomato*

30

Fish Sticks
 Cheesy Potatoes
 PEAS: frozen,boiled*
 CAULIFLOWER Buds
 BROCCOLI,raw: fresh
 Bread- Whole grain white*
 Margarine Portion Cups*
 Ranch Dressing HS
 Tarter Sauce (Homemade)
 FRUIT,FRESH ASSORTED
 ED
 1% Low fat White* Milk
 Chocolate FF* Milk
 Skim*Milk
 Lettuce/Spinach Salad mix
 French Dressing D'Lynch
 Cherry Tomato*
 Black Olives

Substitutions may be made without advance notice

Vegetable Bar available daily at Jr/Sr High

EOE