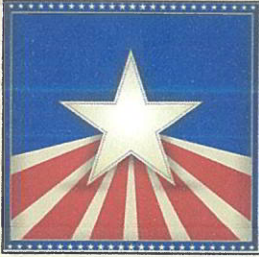


### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

- 3**
- A. Popcorn Chicken Bowl w/ Brown Rice
  - B. EZ Pizza Box
  - C. Crispy Chicken Salad w/ Flatbread
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Broccoli Assorted Fruit Milk

- 4**
- A. Mini Maple Pancakes w/ Turkey Sausage
  - B. EZ Hummus Box
  - C. Crispy Chicken Wrap
  - D. Fun on the Run
  - E. Cheese Sandwich Smile Fries Assorted Fruit Milk

- 5**
- A. Breaded Chicken Patty on Bun
  - B. Strawberry Fields Parfait
  - C. Crispy Chicken Salad w/ Flatbread
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Carrots Assorted Fruit Milk

- 6**
- A. Big Daddy Cheese Pizza
  - B. Bagel Yogurt Box
  - C. Crispy Chicken Wrap
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Green Beans Assorted Fruit Milk

- 9**
- A. Chicken Tenders & Waffle
  - B. EZ Breakfast Box
  - C. Turkey & Cheese Sub
  - D. Fun on the Run
  - E. Cheese Sandwich Sweet Potato Fries Assorted Fruit Milk

- 10**
- A. Beef & Cheese Nachos
  - B. EZ Pizza Box
  - C. Chef Salad w/ Flatbread
  - D. Fun on the Run
  - E. Cheese Sandwich Seasoned Black Beans Assorted Fruit Milk

**11**

PTU

Back

to

School

Lunch

- 12**
- A. Chicken Nuggets w/ Roll
  - B. Strawberry Fields Parfait
  - C. Chef Salad w/ Flatbread
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Green Beans Assorted Fruit Milk

- 13**
- A. Big Daddy Cheese Pizza
  - B. Bagel Yogurt Box
  - C. Turkey & Cheese Sub
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Broccoli Assorted Fruit Milk

- 16**
- A. Mini Chicken Corn Dogs
  - B. EZ Breakfast Box
  - C. American Sub
  - D. Fun on the Run
  - E. Cheese Sandwich Baked Tater Tots Assorted Fruit Milk

- 17**
- A. Bosco Cheesy Breadsticks w/ Marinara
  - B. EZ Pizza Box
  - C. Taco Salad w/ Tortilla Chips
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Corn Assorted Fruit Milk

- 18**
- A. General Tso Chicken w/ Brown Rice
  - B. EZ Hummus Box
  - C. American Sub
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Broccoli & Carrots Assorted Fruit Milk

- 19**
- A. Beef Hot Dog on Bun
  - B. Strawberry Fields Parfait
  - C. Taco Salad w/ Tortilla Chips
  - D. Fun on the Run
  - E. Cheese Sandwich Vegetarian Baked Beans Assorted Fruit Milk

- 20**
- A. Big Daddy Cheese Pizza
  - B. Bagel Yogurt Box
  - C. American Sub
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Green Beans Assorted Fruit Milk

- 23**
- A. Walking Nachos Beef & Cheese
  - B. EZ Breakfast Box
  - C. Chicken Pretzel Salad
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Corn Assorted Fruit Milk

- 24**
- A. Chicken Tenders w/ Roll
  - B. EZ Pizza Box
  - C. Chicken Pretzel Salad
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Green Beans Assorted Fruit Milk

- 25**
- A. Chicken Nuggets w/ Bug Bites
  - B. EZ Hummus Box
  - C. Crispy Chicken Wrap
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Broccoli Assorted Fruit Milk

- 26**
- A. Mini Pancakes w/ Yogurt and Cheese Stick
  - B. Strawberry Fields Parfait
  - C. Chicken Pretzel Salad
  - D. Fun on the Run
  - E. Cheese Sandwich Baked Tater Tots Assorted Fruit Milk

- 27**
- A. Big Daddy Cheese Pizza
  - B. Bagel Yogurt Box
  - C. Crispy Chicken Wrap
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Carrots Assorted Fruit Milk

- 30**
- A. Fajita Chicken w/ Noodles and Sweet n Sour Sauce
  - B. EZ Breakfast Box
  - C. Turkey Ham & Cheese Sub
  - D. Fun on the Run
  - E. Cheese Sandwich Steamed Broccoli Assorted Fruit Milk



### MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:

- Meat/Meat Alternative
- Grain
- Veggie
- Fruit
- Milk

Lunch

**\$3.00**

### WHOLE GRAINS ROCK!

At least half of the grains you eat as part of a balanced plate should be whole grains. There are dozens of types, but the most common are oats, brown rice and barley.