

| Monday | Carbs | Tuesday | Carbs | Wednesday | Carbs | Thursday | Carbs | Friday | Carbs |
|------------------------------------|-------|-------------------------------|-------|-------------------------------|-------|-----------------------------------|-------|--|-------|
| 3 | | 4 | | 5 | | 6 **Fruit Gummy Day** | | 7 | |
| Orange Chicken | 19 | Cheese French Bread | 33 | Popcorn Chicken | 16 | French Toast Sticks | 22 | Big Daddy Pepperoni Pizza | 34 |
| Rice | 45 | Red Dipping Sauce | 14 | BBQ Sauce | 9 | Pancake Syrup | 30 | Dragon Punch | 13 |
| Cherry Tomatoes | 2 | Tater Rounds | 19 | Sweet Potato Fries | 19 | Gripz Mini Grahams | 19 | Zucchini Slices | 2 |
| Red Delicious Apple | 28 | Orange Wedges | 21 | Lima Beans | 7.5 | Tater Rounds | 19 | Ranch Dressing | 1 |
| Fresh Spinach Salad | 10 | Milk (assorted) | 15 | Chilled Pears | 14 | Chickpeas | 10 | Banana | 29 |
| | | | | Milk (assorted) | 15 | Milk (assorted) | 13/15 | Milk (assorted) | 15 |
| 10 | | 11 | | 12 **Fruit Gummy Day** | | 13 | | 14 | |
| Macaroni and Cheese | 31 | Hot Dog | 1 | Hamburger | 2 | Taco in a Cup | 32 | DAY OF NON ATTENDANCE NO SCHOOL | |
| Romaine Salad / Ranch | 3/1 | WG Bun | 27 | WG Bun | 27 | Salsa | 8 | | |
| Broccoli | 2 | Potato Wedges | 22 | Sweet Corn | 17 | Refried Beans | 10 | | |
| Craisins Strawberry | 28 | Diced Tomatoes | 2 | Black Bean Salsa | 11 | Orange Wedges | 21 | | |
| Milk (assorted) | 15 | Fruit Slushie | 20 | Raisels | 36 | Milk (assorted) | 15 | | |
| | | Milk (assorted) | 15 | Milk (assorted) | 15 | | | | |
| 17 | | 18 **Fruit Gummy Day** | | 19 | | 20 ***Student Selection*** | | 21 | |
| Cheese Sticks | 33 | Philly Steak | 3 | Popcorn Chicken | 16 | Corn Dog Nuggets | 22 | Big Daddy Cheese Pizza | 34 |
| Red Dipping Sauce | 12 | WG Bun | 27 | Smiley Potatoes | 24 | Kale Chips* | 3 | Broccoli | 2 |
| Cucumber Slices | 0 | Spaghetti Sauce | 14 | Edamame | 9 | Fresh Spinach Salad | 5 | Baby Carrots | 3 |
| Ranch Dressing | 1 | Sweet Corn | 9 | Diced Peaches | 13 | Baked Beans | 15 | Ranch Dressing | 1 |
| Chilled Pears | 14 | Applesauce | 15 | Milk (assorted) | 15 | Golden Delicious Apple | 22 | Orange Wedges | 21 |
| Milk (assorted) | 15 | Milk (assorted) | 15 | | | Milk (assorted) | 15 | Milk (assorted) | 15 |
| 24 | | 25 | | 26 | | 27 **Fruit Gummy Day** | | 28 | |
| INSTITUTE DAY NO SCHOOL | | Pancakes with Syrup | 30/30 | Chicken Patty | 16 | Grilled Cheese | 31 | Pizza Crunchers | 32 |
| | | Sausage Patty | 1 | WG Bun | 27 | Sweet Corn | 9 | Red Dipping Sauce | 7 |
| | | Romaine Salad / Ranch | 3/1 | Mashed Potatoes | 17 | Black Beans | 18 | Wango Mango Juice | 13 |
| | | Celery Sticks | 1 | Cherry Star Juice | 16 | Craisins Strawberry | 36 | Green Grapes | 24 |
| | | Mandarin Oranges | 17 | Applesauce | 15 | Milk (assorted) | 15 | Milk (assorted) | 15 |
| | | Milk (assorted) | 15 | Milk (assorted) | 15 | | | | |

Prices

Lunch: \$2.75
Milk: \$0.40

Menu subject to change.

Advance notice will be given when possible.
When viewing menu online click any individual item to view full nutritional information.

Disclaimer About Carbs

The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer. Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.

Alternate Options

| | | | | |
|-----|---------------------|----|------------------------------------|----|
| Mon | Mini Pancakes & Ham | 44 | Chef's Salad with Turkey & Cheese | 26 |
| Tue | Nachos Supreme | 42 | Cheese Sandwich on WG Bread | 32 |
| Wed | Pizza | 43 | Yogurt Lunch | 47 |
| Thu | Chicken Nuggets | 16 | Turkey Sandwich on Gold Fish Bread | 23 |
| Fri | Hot Dog | 28 | | |

*****Thank you to Martin Elementary School Students McKenna Kearney and Rebecca Rocks for working with us to add kale chips to the menu this month!*****

