

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A	Breakfast for Lunch WG French Toast Sticks** Sausage** 100% Juice Cup	RF WG Wild Mike's Cheesy Bites with Marinara Sauce Hot Vegetable Fruit Cup	RF WG Individual French Bread Cheese Pizza Green Salad with Vegetables Fresh Fruit Options	Baked Tyson Homestyle Chicken Nuggets with Dipping Sauce Mashed Potato Fruit Cup WG Bread Option*	Special To Be Announced Fresh Fruits and Vegetables
B	RF Eisenberg All-Beef All Natural Black Angus Hotdog on a WG Bun Oven Baked Fries Baked Beans	RF WG Toasted Cheese Sandwich Sweet Potato Tots Fresh Fruit Options	RF WG Galaxy Deep Dish Cheese Pizza Hot Vegetable Fresh Fruit Options	Baked Crispy Chicken Tenders with Dipping Sauce Hot Vegetable Fruit Cup WG Bread Option*	Special To Be Announced Fresh Fruits and Vegetables
C	Breakfast for Lunch WG Cinnamon French Toast Slice Sausage** 100% Juice Cup	RF Beef Taco Nachos Served with WG "Scoops" Tortilla Chips, RF Shredded Cheddar Cheese, Salsa and Refried Beans	RF WG Wild Mike's Ultimate Cheese Pizza Slice Green Salad with Vegetables Fresh Fruit Options	RF All-Beef All Natural Hamburger or Cheeseburger on a WG Bun Sweet Potato Fries Fresh Fruit	Special To Be Announced Fresh Fruits and Vegetables

To see which weeks "A," "B," or "C" foods are served; please refer to the "Cycle Calendar".

RF— Reduced Fat Item **WG**—Whole Grain Item Bread Option* is either a whole grain roll, breadstick or warm pretzel Sausage** chicken product

We feature locally grown produce.
Check your Cafeteria for details about the farm and farm family the featured fruits and vegetables came from.

BAG LUNCHESES OFFERED DAILY

Delicious Freshly Made Assorted Sandwiches
Made on Whole Grain Breads, Rolls and Wraps

Peanut Butter and Jelly Uncrustable Sandwich
Bagel, Cheese Stick and All Natural Yogurt Lunch

OFFERED WITH ALL LUNCH CHOICES

Unlimited Fresh Fruit and Vegetable Side Choices
1% and Skim rBST Free Milk Choices

HEALTHY FOODS and GOOD NUTRITION are always on our menu!

We serve freshly prepared foods and ...

- ❖ RF (reduced-fat) baked entrées
- ❖ zero trans fat products
- ❖ low-fat cheese pizzas with WG (whole grain) crusts
- ❖ WG (whole grain) pasta, breads, rolls and buns
- ❖ whole white meat chicken products
- ❖ a variety of fresh fruits and vegetables with all meals

