

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A</b>	<b>Breakfast for Lunch</b> WG Pancakes with Syrup Sausage** Hash Browned Potato	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	Baked Tyson Homestyle Chicken Nuggets with Dipping Sauce Mashed Potato Fruit Cup WG Bread Option*	<b>Special To Be Announced</b>  Fresh Fruits and Vegetables
<b>B</b>	RF Eisenberg All-Beef All Natural Black Angus Hotdog on a WG Bun Oven Baked Potato Baked Beans	WG Pasta with RF Italian Meat Sauce(Beef) WG Garlic Bread Green Salad with Vegetables Fruit Cup	RF WG Galaxy Deep Dish Cheese Pizza Hot Vegetable Fresh Fruit	Baked Tyson Crispy Chicken Tenders with Dipping Sauce Hot Vegetable Fruit Cup WG Bread Option*	<b>Special To Be Announced</b>  Fresh Fruits and Vegetables
<b>C</b>	<b>Breakfast for Lunch</b> 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	RF All-Beef All Natural Hamburger or Cheeseburger on a WG Bun Sweet Potato Tots Fresh Fruit	<b>Special To Be Announced</b>  Fresh Fruits and Vegetables

To see which weeks "A," "B," or "C" foods are served, please see reverse.

Bread Option\* is either a whole grain roll, breadstick or warm pretzel Sausage\*\* chicken product

RF— Reduced Fat Item WG—Whole Grain Item

BAG LUNCHESES OFFERED DAILY

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**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

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**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), zero trans fat products and baked entrées
- ❁ reduced sugar and no high fructose products
- ❁ low-fat cheese pizzas with WG (whole grain) crusts
- ❁ WG (whole grain) pasta, breads, rolls and buns
- ❁ made with white meat Tyson chicken products
- ❁ a variety of fresh fruits and vegetables with all meals

We feature locally grown produce.

Check your Cafeteria for details about the farm and farm family the featured fruits and vegetables came from.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.