



### InSeason! Artichokes

One serving of artichokes provides greater antioxidant benefits per serving than many other foods traditionally considered to be antioxidant-rich such as dark chocolate, blueberries and red wine.



They also provide a whopping 10.3 g of dietary fiber, making them a powerful tool for helping to not just keep you regular but also to improve your digestive health overall.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**02**  
Assorted Breakfast Items  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**03**  
Cheese Omelet w/½ Bagel  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**04**  
Mini French Toast Sticks  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**05**  
4 oz. Yogurt w/ Muffin  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**06**  
Assorted Breakfast Sandwiches  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**09**  
Cherry Frudel  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**10**  
Breakfast on a Stick  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**11**  
Ultimate Breakfast Round (UBR)  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**12**  
Pancakes  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**13**  
Assorted Breakfast Sandwiches  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**16**  
Cinni-Minnis  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**17**  
Mini Maple Pancakes  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**18**  
Breakfast Wrap  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**19**  
Scrambled Eggs w/½ Bagel  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**20**  
Assorted Breakfast Sandwiches  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**23**  
Apple Frudel  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**24**  
Breakfast Pizza  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**25**  
**National Zucchini Bread Day!**  
4 oz. Yogurt w/ Zucchini Bread  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**26**  
Assorted Breakfast Sandwiches  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**27**  
Vacation Day!  


**30**  
Apple Filled Bosco Stick  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

### Announcements

#### Choices Available Daily:

- Assorted Cereal
- Assorted Cereal w/1/2 bagel
- Bagel w/ Cream Cheese
- Smoothies

#### Milk Choices:

- 1% White, Skim White
- Skim Chocolate, Skim Strawberry (when available)

“USDA is an equal opportunity provider and employer”

### Meal Prices

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### MONDAY

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### THURSDAY

### FRIDAY

Hot Meatball Sub **02**  
Side a Pasta  
Roasted Broccoli  
Tuna Sandwich

Loaded Nachos **03**  
with Meat & Cheese  
Whole Kernel Corn  
Refried Beans  
Ham Sandwich

Italian Pepperoni Roll **04**  
W/Dipping Sauce  
Cut Green Beans  
Egg Salad Sandwich

Rib B Que on Roll **05**  
Salt Potatoes  
Seasoned Carrot Coins  
Turkey & Cheese Sandwich

Assorted Classic Pizzas **06**  
Fun Fish Nugget  
Whole Grain Roll  
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers

Bacon Cheeseburger Or Cheeseburger on Bun **09**  
Oven Fried Fries  
Orange Roasted Carrots  
Tuna Sandwich

All Beef Hot Dog or Cheesy Dog on Bun **10**  
Baked Beans  
Ham Sandwich

Ultimate Chicken Bowl **11**  
Whole Grain Roll  
Golden Corn  
Egg Salad Sandwich

Home style Turkey & Gravy on Mashed Potatoes **12**  
Steamy Green Beans  
Whole Grain Roll  
Turkey & Cheese Sandwich

Assorted Classic Pizzas **13**  
Crispy Fish on Bun  
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers

Crispy Chicken or Chicken Parmesan on Roll **16**  
Side of Pasta  
Carrot Coins  
Tuna Sandwich

Meaty Tacos on Hard or Soft Shell w/ All the topping **17**  
Refried Beans  
Golden Corn  
Fluffy Rice  
Ham Sandwich

Turkey, Bacon Cheese Melt **18**  
Sweet Potato Fries  
Egg Salad Sandwich

Chicken Spedie Sub **19**  
Orange Ginger Kale Salad  
Seasoned Wedges  
Turkey & Cheese Sandwich

Assorted Classic Pizzas **20**  
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers

Seasoned Chicken Fajitas on Soft Shell **23**  
Fire Roasted Vegetables  
Fluffy Rice  
Tuna Sandwich

Toasty Grilled Cheese Sandwich **24**  
Tomato Soup  
Ham Sandwich

Hot & Spicy or Cheesy Chicken Subs **25**  
Roasted Broccoli  
Tator Tots  
Egg Salad Sandwich

**National Pretzel Day** **26**  
Homemade Mac & Cheese  
Soft Pretzel  
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers

Vacation Day! **27**  


Crunchy Chicken Tenders **30**  
Whole Grain Roll  
Roasted Carrots  
Ranch Potato Wedges  
Tuna Sandwich

## Announcements

- Available Daily:**  
Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day  
May Choose up to two (2)  
**Milk Choices:**  
1% White, Skim White  
Skim Chocolate, Skim Strawberry (when available)  
**Daily Choices:**  
Sandwich of the Day  
PB&J  
Chef/Grilled Chicken Salad  
Yogurt Parfait  
Yogurt Plate  
**Menu subject to change without notice**

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### FRIDAY

<p>Hot Meatball Sub <b>02</b> Side a Pasta Roasted Broccoli</p>	<p>Loaded Nachos <b>03</b> with Meat &amp; Cheese Whole Kernel Corn Refried Beans</p>	<p>Italian Pepperoni Roll <b>04</b> W/Dipping Sauce Cut Green Beans</p>	<p>Rib B Que on Roll <b>05</b> Salt Potatoes Seasoned Carrot Coins</p>	<p>Assorted Classic Pizzas <b>06</b> Fun Fish Nugget Whole Grain Roll Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers</p>
<p>Bacon Cheeseburger Or Cheeseburger on Bun <b>09</b> Oven Fried Fries Orange Roasted Carrots</p>	<p>All Beef <b>10</b> Hot Dog or Cheesy Dog on Bun Baked Beans</p>	<p>Ultimate Chicken Bowl <b>11</b> Whole Grain Roll Golden Corn</p>	<p>Home style Turkey &amp; Gravy on Mashed Potatoes <b>12</b> Steamy Green Beans Whole Grain Roll</p>	<p>Assorted Classic Pizzas <b>13</b> Crispy Fish on Bun Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers</p>
<p>Crispy Chicken or Chicken Parmesan on Roll <b>16</b> Side of Pasta Carrot Coins</p>	<p>Meaty Tacos on Hard or Soft Shell <b>17</b> w/ All the topping Refried Beans Golden Corn Fluffy Rice</p>	<p>Turkey, Bacon Cheese Melt <b>18</b> Sweet Potato Fries</p>	<p>Chicken Spedie Sub <b>19</b> Orange Ginger Kale Salad Crispy Fries</p>	<p>Assorted Classic Pizzas <b>20</b> Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers</p>
<p>Seasoned Chicken Fajitas on Soft Shell <b>23</b> Fire Roasted Vegetables Fluffy Rice</p>	<p>Toasty Grilled Cheese Sandwich <b>24</b> Tomato Soup</p>	<p>Hot &amp; Spicy or Cheesy Chicken Subs <b>25</b> Roasted Broccoli Tator Tots</p>	<p><b>National Pretzel Day</b> <b>26</b> Homemade Mac &amp; Cheese Soft Pretzel Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers</p>	<p>Vacation Day! <b>27</b> </p>
<p>Crunchy Chicken Tenders <b>30</b> Whole Grain Roll Roasted Carrots Ranch Potato Wedges</p>				

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May Choose up to two (2)  
**Milk Choices:**  
1% White, Skim White  
Skim Chocolate, Skim Strawberry (when available)  
**Daily Choices:**  
Crispy Chicken on Roll  
Hamburger/Cheeseburger on Bun  
Hot Wrap of the Day  
Chef/Grilled Chicken Salad  
Yogurt Parfait

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