

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Corn Dog (MG) Sweet Peas (S) Sweet Pepper Strips	Soft Taco(MG) Roasted Corn/Peppers (S/O) Taco Condiments(R/DG) (Salsa, Sour Cream, Shredded Lettuce, Shredded Cheese)	Enchiladas (MG) Corn (S) Taco Condiments (R/DG) (Salsa, Sour Cream, Shredded Lettuce, Shredded Cheese)	Sweet & Sour Chicken (M) Fried Rice (G) Edamame (B) Steamed Broccoli (DG)	Chicken Nuggets (M) Mashed Potatoes & Gravy (S) Green Beans (O) Brownie (G)
Buffalo Chicken Grab Wrap (MG) Sidewinder Fries (S) Baked Beans (B)	Cheeseburger Mac (MG) Glazed Carrots (R) Side Salad (DG)	Mini Pancakes (G) Sausage (M) Roasted Potatoes & Peppers (S) Maple Glazed Sweet Potatoes (R)	Sweet Thai Chicken Asian Sesame Noodles Broccoli Peas & Carrots	Sloppy Joe (MG) Baby Carrots (R) Coleslaw (O) Cookies (G)
Pizza (MG) Italian Salad (DG) Garlic Broccoli (DG)	Meatball Sub (M/G) Green Beans (O) Side Salad (DG)	Breakfast Pizza (MG) Roasted Red Potatoes/Peppers (S) Roasted Sweet Potatoes (R)	Orange Chicken(MG) Fried Rice(G) Edamame (B) Broccoli Citrus Salad (DG)	Macaroni & Cheese (MG) Breadstick (G) Peas& Carrots (R) Steamed Broccoli (DG)
Tiger Rib on Bun(MG) Baked Beans (B) Fresh Broccoli(DG)	Nachos(M/G) Refried Beans (B) Taco Condiments (R/DG) (Salsa, Sour Cream, Shredded Lettuce, Shredded Cheese) Roasted Corn/Peppers (S/O)	Chicken Tetrizzini (M) Garlic Toast(G) Glazed Carrots (R) Green Beans(O)	General Tso's Chicken Asian Sesame Noodles Broccoli Peas & Carrots	Country Fried Steak (MG) Mashed Potatoes (S) Country Gravy Corn (S) Cookie (G)
Chicken Tenders (MG) Celery Sticks(O) Baby Carrots (R)	Spaghetti & Meat Balls(MG) Side Salad(DG) Green Beans(O)	Mac & Cheese (MG) Roll (G) Peas& Carrots (R) Celery (O)	Teriyaki Chicken (M) Asian Sesame Noodles (G) Edamame (B) Glazed Carrots (R)	Cheese Bites (MG) Marinara(R) Italian Salad(DG) Fresh Broccoli (DG) Brownie(G)

- Each day at lunch you should offer TWO- ¼ cup servings of fruit. ONE should be fresh, ONE should be canned or frozen.
- On B4L Day your fruit choice that day should be a fresh fruit or juice
- If you have to substitute anything on the menu, you need to make sure you are subbing from the same Subgroup or with the same Food Item. Items in the (O) Other category can be substituted with **ANY** subgroup.
You must have a **DG-TWICE per week, RO-TWICE per week, S-ONCE per week, B-ONCE per week**
M= MEAT/MEAT ALTERNATIVE G= GRAIN R=RED/ORANGE VEG DG= DARK GREEN VEG O=OTHER VEG
S= STARCHY VEG B-BEAN/LEGUME
- ***Lent begins 2/14/2018 and ends 3/29/2018. Ash Wednesday & all Fridays of Lent we will offer a meatless option.***

Fall 2017 Menu MS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Bun Fresh Fruit Juice	Breakfast Smoothie Muffin Applesauce Cup Canned/Frozen Fruit	Mini Waffles Fresh Fruit Juice	Oatmeal Applesauce Squares Fruit Cup Canned/Frozen Fruit	Breakfast Bosco Canned/Frozen Fruit Juice
Mini Maple Pancakes Fresh Fruit Juice	Breakfast Smoothie Coffee Cake Applesauce Cup Canned/Frozen Fruit	Frudel Fresh Fruit Juice	PopTart Bacon & Cheese Eggs Fruit Cup Canned/Frozen Fruit	Pancake Stick Fruit Cup Canned/Frozen Fruit
Mini Cinnis Fresh Fruit Juice	Breakfast Smoothie Muffin Applesauce Cup Canned/Frozen Fruit	Pancake-wich Fresh Fruit Juice	Egg Wrap Fruit Cup Canned/Frozen Fruit	Cheese Omelet Muffin Fruit Cup Canned/Frozen Fruit
Mini Blueberry Pancakes Fresh Fruit Juice	Breakfast Smoothie Coffee Cake Applesauce Cup Canned/Frozen Fruit	Ham & Cheese Honey Biscuit Fresh Fruit Juice	PopTart Scrambled Eggs Fruit Cup Canned/Frozen Fruit	Breakfast Bosco Fruit Cup Canned/Frozen Fruit
Mini Cinnamon French Toast Fresh Fruit Juice	Breakfast Smoothie Coffee Cake Applesauce Cup Canned/Frozen Fruit	Pancake-wich Fresh Fruit Juice	Breakfast Burrito Fruit Cup Canned/Frozen Fruit	Breakfast Pizza Fruit Cup Canned/Frozen Fruit

Uncrustable Grab & Go Ham Sub	Uncrustable Grab & Go Grilled Chicken Wrap	Uncrustable Grab & Go Italian Sub	Uncrustable Grab & Go Buffalo Chicken Wrap	Uncrustable Grab & Go Turkey Sub
Fantastically Fruity Salad (August-October, March-May) Fajita Chicken Salad (November-February)				
Uncrustable Grab & Go Ham Sub	Uncrustable Grab & Go Philly Wrap	Uncrustable Grab & Go Italian Sub	Uncrustable Grab & Go Chicken Tender Wrap	Uncrustable Grab & Go Turkey Sub
Spicy Buffalo Salad				
Uncrustable Grab & Go Ham Sub	Uncrustable Grab & Go Grilled Chicken Wrap	Uncrustable Grab & Go Italian Sub	Uncrustable Grab & Go Buffalo Chicken Wrap	Uncrustable Grab & Go Turkey Sub
Cobb Salad				
Uncrustable Grab & Go Ham Sub	Uncrustable Grab & Go Grilled Chicken Wrap	Uncrustable Grab & Go Italian Sub	Uncrustable Grab & Go Buffalo Chicken Wrap	Uncrustable Grab & Go Turkey Sub
Greek Salad				
Uncrustable Grab & Go Ham Sub	Uncrustable Grab & Go Philly Wrap	Uncrustable Grab & Go Italian Sub	Uncrustable Grab & Go Chicken Tender Wrap	Uncrustable Grab & Go Turkey Sub
Asian Sesame Salad				