

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Lunch: Grilled chicken tenders Mac n cheese Roasted broccoli Grapes</p>	<p>Lunch: Honey garlic shrimp Pearl cous cous Roasted brussels sprouts Fresh fruit</p>	<p>Lunch: Meatball sliders Parmesan chopped salad Chopped fruit salad</p>	<p>Lunch: Chicken fajita bowl Fresh fruit</p>	<p>Lunch: Cooks choice</p>	<p>Lunch: Chicken Ceasar Salad Roll Fresh fruit</p>	<p>Lunch: Pizza Green salad Fresh fruit</p>
<p>Dinner: French dip sandwich Vegetable tray Fresh fruit</p>	<p>Dinner: Beef taco macaroni bake Avocado salad Fresh fruit</p>	<p>Dinner: French toast casserole Bacon Mixed berries</p>	<p>Dinner: Sausage rigatoni Brussels sprouts Fresh fruit</p>	<p>Dinner: Pulled BBQ chicken sandwich Red pepper and carrot coleslaw Fresh fruit</p>	<p>Dinner: Cheese burgers Watermelon Vegetable tray Fresh fruit</p>	<p>Dinner: Sweet and sour pork Rice Broccoli</p>

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch: Sweet chili pork bowl Fresh fruit	Lunch: Smothered cube steak Mashed potatoes Lemon parmesan kale salad Fresh fruit	Lunch: Asian chicken chopped salad Pineapple	Lunch: Salad bar Fresh fruit Wheat roll	Lunch: Cheese ravioli with red sauce Chopped romaine salad Fresh fruit	Lunch: Turkey spinach wrap Vegetable tray Fresh fruit	Lunch: Pizza Green salad Fresh fruit
Dinner: Spaghetti Ceasar salad Fresh fruit	Dinner: Chicken enchiladas Spanish rice Broccoli Fresh fruit	Dinner: Student choice	Dinner: Mongolian beef Rice Bok choy and Mushroom stir fry Fresh fruit	Dinner: Crockpot lemon chicken Wheat roll Green beans Fresh fruit	Dinner: Blackened chicken penne Broccoli Fresh fruit	Dinner: Chicken quesadilla Vegetable tray Fresh fruit

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Lunch: Baked ziti Green beans Fresh fruit</p>	<p>Lunch: Smothered pork burrito Green salad Fresh fruit</p>	<p>Lunch: Spicy maple chicken Mashed sweet potato Broccoli Fresh fruit</p>	<p>Lunch: Thai chili burger Asian style cucumber salad Mango</p>	<p>Lunch: Cooks choice Fresh fruit</p>	<p>Lunch: Hot ham and Swiss croissant Vegetable tray Fresh fruit</p>	<p>Lunch: Pizza Vegetable tray Fresh fruit</p>
<p>Dinner: Pulled pork sandwich Corn cobette Fresh fruit</p>	<p>Dinner: Mushroom pasta asparagus Fresh fruit</p>	<p>Dinner: Ham and potato casserole Brussels sprouts Fresh fruit</p>	<p>Dinner: Stuffed peppers Cornbread muffins Green salad Fresh fruit</p>	<p>Dinner: Orange chicken Rice Cabbage and carrot stir fry Fresh fruit</p>	<p>Dinner: Baked potato with toppings (cheese, bacon, black beans, green onion, sour cream) Broccoli Fresh fruit</p>	<p>Dinner: Lemon chicken penne Chopped salad Fresh fruit</p>

Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch: Salmon bowl Edemame Pineapple	Lunch: Pea and bacon penne asparagus Fresh fruit	Lunch: Pork chops Mashed sweet potatoes Green beans Fresh fruit	Lunch: Taco salad Spicy mango salad	Lunch: Ham fried rice Green beans Fresh fruit	Lunch: Chicken salad croissant Lemon parmesan kale salad Fresh fruit	Lunch: Pizza Green salad Fresh fruit
Dinner: Sausage pepper and rice skillet broccoli Fresh fruit	Dinner: Chicken curry Rice broccoli Fresh fruit	Dinner: Student choice Fresh fruit	Dinner: Creamy pesto chicken Roasted potatoes Brussels sprouts Fresh fruit	Dinner: Teriyaki chicken Sesame noodles Cabbage stir fry Fresh fruit	Dinner: Sour dough BLT Vegetable tray Fresh fruit	Dinner: Bratwurst German potato salad Fresh fruit

Week 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Lunch: Chicken avocado bacon club on ciabatta Carrots with hummus Fresh fruit</p>	<p>Lunch: Spring roll salad pineapple</p>	<p>Lunch: BBQ ribs Baked beans Cole slaw Fresh fruit</p>	<p>Lunch: Huli huli chicken macaroni salad Green salad Fresh fruit</p>	<p>Lunch: Cooks choice Fresh fruit</p>	<p>Lunch: Italian grinder sandwich Vegetable tray Fresh fruit</p>	<p>Lunch: Pizza Vegetable tray Fresh fruit</p>
<p>Dinner: Beef with broccoli Rice Fresh fruit</p>	<p>Dinner: Pigs in a blanket Broccoli salad Fresh fruit</p>	<p>Dinner: Southwest quinoa wrap Vegetable tray Fresh fruit</p>	<p>Dinner: Goulash corn Fresh fruit</p>	<p>Dinner: Pork loin Mashed potatoes broccoli Fresh fruit</p>	<p>Dinner: Spaghetti Ceasar salad Fresh fruit</p>	<p>Dinner: Chicken salad croissant Spring mix with balsamic dressing Fresh fruit</p>

Week 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch: Gyros Lemon herb pilaf Green beans Fresh fruit	Lunch: Jerk chicken Spicy mango salad Wild rice Fresh fruit	Lunch: Indian butter chicken Rice broccoli Fresh fruit	Lunch: Philly cheese steak Broccoli Berry salad	Lunch: Pork chops Roasted potatoes asparagus Fresh fruit	Lunch: Hot wings French fries Carrots and celery Fresh fruit	Lunch: Pizza Vegetable tray Fresh fruit
Dinner: Honey sesame chicken Garlic noodles Bok choy Fresh fruit	Dinner: Parmesan chicken Noodles Italian salad Fresh fruit	Dinner: Student choice Fresh fruit	Dinner: BBQ meatloaf Mashed potatoes Green beans Fresh fruit	Dinner: Crock pot kielbasa, green beans and potatoes Fresh fruit	Dinner: Spinach and cheese tortellini with pesto Green salad Fresh fruit	Dinner: Southwest beef cavatappi Green beans Fresh fruit