

Milk is offered daily, skim, 1% and FF flavored

All Breakfasts and Lunches are provided by USDA for 21-22 school year

Substitutions or menus may change without notice due to shortages or substitutions

This institution is an equal opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: right;">1</p> <p>Weiner Winks* HS Baked Beans (Bush's)* PEACHES: canned,light syrup* Ranch Dressing Cups R C* Baked Lays chips* Baby Carrots* KETCHUP * Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk Lettuce/Spinach Salad mix French Dressing DLynch Cherry Tomato*</p>	<p style="text-align: right;">2</p> <p>Garlic Cheese Bread Chicken Tenders PEAS: frozen,boiled FRUIT,FRESH ASSORT ED PEACHES: canned,light syrup* Baby Carrots* Ranch Dressing Cups R C* Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk Cherry Tomato* Black Olives</p>	<p style="text-align: right;">3</p> <p>Nachos & Cheese & Me at Whole Grain Tortilla 8"* BROCCOLI: frozen, boil ed * Ranch Dressing HS FRUIT,FRESH ASSORT ED 1% Low fat White* Milk Chocolate FF* Milk Skim*Milk Lettuce/Spinach Salad mix French Dressing DLynch Cherry Tomato* Black Olives</p>
<p style="text-align: right;">6</p> <p>Crispito Shredded Cheddar chee se* Corn (canned)* Lettuce PINEAPPLE CHUNKS:L t Syrup* REFRIED BEANS* Cottage Cheese* Salsa Cups* Sour Cream Packet * Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk Ranch Dressing HS French Dressing DLynch Lettuce/Spinach Salad mix Baby Carrots* Cherry Tomato* Bell pepper Black Olives</p>	<p style="text-align: right;">7</p> <p>Pizza Burger Bun, hamburger, Wheat, whole g Applesauce Unsweeten ed* FRUIT,FRESH ASSORT ED Baby Carrots* Ranch Dressing HS French Dressing DLynch 1% Low fat White* Milk Skim*Milk Chocolate FF* Milk Cherry Tomato* Black Olives Cottage Cheese*</p>	<p style="text-align: right;">8</p> <p>Beef with Broccoli Brown Rice* Egg Roll PINEAPPLE CHUNKS:L t Syrup* FRUIT,FRESH ASSORT ED Baby Carrots* Ranch Dressing HS French Dressing DLynch Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk Black Olives Cherry Tomato*</p>	<p style="text-align: right;">9</p> <p>Tenderloin on W/g Bun * Baked Lays chips* Mixed Fruit Cups* FRUIT,FRESH ASSORT ED Baby Carrots* Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk Lettuce/Spinach Salad mix Cherry Tomato* Black Olives</p>	<p style="text-align: right;">10</p> <p>Shrimp Poppers Mashed Potatoes Margarine Portion Cups * PEAS: frozen,boiled FRUIT,FRESH ASSORT ED PEACHES: canned,light syrup* Baby Carrots* Ranch Dressing Cups R C* Skim*Milk 1% Low fat White* Milk Chocolate FF* Milk Cherry Tomato* Black Olives</p>

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Quesadilla Cheese
REFRIED BEANS*
Corn (canned)*
Applesauce Unsweetened*
PINEAPPLE CHUNKS: Lettuce
Syrup*
Cottage Cheese*
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk
Lettuce/Spinach Salad mix
Baby Carrots*
Cherry Tomato*
Black Olives
Ranch Dressing HS
French Dressing DLynch

14

Hamburger on W/G Bun*
French Fries Ovation * HS
KETCHUP *
CARROTS: canned, cooked
PEACHES: canned, light syrup*
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk
French Dressing DLynch
Ranch Dressing HS
Cherry Tomato*
Black Olives

15

Chicken Alfredo
Diced Pears
Baby Carrots*
Ranch Dressing HS
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk
Syrup Cup
Lettuce/Spinach Salad mix
French Dressing DLynch
Cherry Tomato*

16

Sub Sandwich
Tortilla chips HS
NACHO CHEESE SAUCE
BROCCOLI: frozen, boiled*
Pineapple Cup*
Baby Carrots*
Ranch Dressing HS
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk
Cherry Tomato*
Tomatoes, fresh sliced
Black Olives
French Dressing DLynch
Lettuce/Spinach Salad mix

17

Spaghetti w/ Meat Sauce* HS
Green Beans Low Sodium*
Breadsticks (Bosco)
Mandarin Oranges*
Mixed Fruit Cups*
Skim*Milk
1% Low fat White* Milk
Chocolate FF* Milk
Lettuce/Spinach Salad mix
French Dressing DLynch
Ranch Dressing HS
Black Olives