



Monday	Tuesday	Wednesday	Thursday	Friday
Included FREE in Every Meal: *Garden Fresh Salad Bar * Fresh Fruit Choice *Low-Fat Milk * Crisp Romaine Lettuce * Crunchy Organic Baby Carrots * Delightful Cherry Tomatoes * Hearty Beans * Snow Peas * Snap Peas * Refreshing Crisp Cucumbers * Organic Spinach * Green Peppers * Kale * Broccoli * Cauliflower * Seasonal Produce * Tofu * Quinoa * Organic Apples * Pears * Bananas * Plums We also cheerfully make our Daily Entrée without meat as a vegetarian meal, no additional fee! Healthy, Calcium Rich, Non-Dairy Refreshments may be purchased for your enjoyment a la Carte. Almond or Soy Milk is available free to students' with a medical note. Vegan options are noted by V.				
2 MEATLESS MONDAY Whole Grain Baked Ziti Steamed Broccoli Café Bread	3 Grass Fed Beef Burger Veggie Burger Lettuce and Tomato Whole Grain Bun	4 Baked Potato (V) Baked Sweet Potato(V) Turkey Chili Whole Grain Crackers Or Corn Bread	5 Teriyaki Chicken Teriyaki Tofu(V) Organic Brown Rice Steamed Green Beans	6 Whole Grain Pizza (Assorted Topping) Mixed Veggies
9 MEATLESS MONDAY Cuban Black Beans (V) Organic Brown Rice Steamed Carrots	10 Roasted Tomato Basil Soup (V) Toasted Cheese Sandwich	11 Rotini Pasta with Turkey or Veggie Ragù Steamed Broccoli Café Bread	12 Chicken Tinga Black Bean Tinga (V) Whole Grain Chips Steamed Corn	13 Whole Grain Pizza (Assorted Topping) Mixed Veggies
16 K & 5 HARVEST MEAL Roasted Chicken Thigh Roasted Tofu (V) Roasted Potato Medley Café Bread	17 Turkey or Veggie Tacos Whole Grain Tortilla Steamed Corn	18 Baked Potato(V) Baked Sweet Potato(V) Turkey Chili Whole Grain Crackers Or Corn Bread	19 Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Broccoli	20 Whole Grain Pizza (Assorted Topping) Steamed Carrots
23 1 & 4 HARVEST MEAL Roasted Chicken Thigh Roasted Tofu (V) Roasted Potato Medley Café Bread	24 Rotini Pasta with Turkey or Veggie Ragù Steamed Broccoli Café Bread	25 BBQ Chicken BBQ Tofu (V) Whole Grain Steamed Green Beans	26 Roasted Tomato Basil Soup (V) Toasted Cheese Sandwich	27 Whole Grain Pizza (Assorted Topping) Steamed Carrots
30 MEATLESS MONDAY Red Beans (V) Organic Brown Rice Steamed Carrots	31 Chicken Tinga Black Bean Tinga (V) Whole Grain Chips Steamed Corn			
Breakfast Daily: \$1.00, (**Reduced Price \$.30) Breakfast Weekly: \$5.00				
Whole Grain Bagel Sun Butter or Cheddar Cheese Greek Yogurt	Whole Grain English Muffin Turkey Sausage	Farm Fresh Scrambled Eggs Whole Grain Toast Orange Juice	Whole Grain Oatmeal Turkey Sausage Roasted Potato Medley	Whole Grain Cereal Whole Grain Muffin String Cheese
Daily Lunch Prices				
Elementary: Pre K -5: \$2.50 (**Reduced Price \$.40) Weekly: \$12.50	Jr. Sr. High: 6-10: \$2.80 Weekly: \$14.00 Adults: \$3.50 Weekly: \$17.50	A la Carte (extras): \$.50—\$2.00 Check Café Menu Board for full daily list of options.	Soy Milk \$1.00 8 oz. Hummus and Pita Chips \$1.50 Spring Water \$1.00 8 oz. Sunflower Seeds \$1.00 Frozen Unsweetened Fruit Sorbet \$0.50 Fruit Muffin \$0.50	
<small>**Free and Reduced prices are for students who qualify for either a free or a price-reduced meal according to the Federal National School Lunch Program. *The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (***) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication 1400 Independence Avenue, SW Washington, DC 20250-9410, by fax (**) 690-7442 or email at program.intake@usda.gov USDA is an equal opportunity provider and employer. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). Menu is subject to change due to availability.</small>				

