



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.				
			1 Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Corn Bread or Whole Grain Cracker	2 Assorted Flavors of Whole Grain Pizza Steamed Broccoli
5 MEATLESS MONDAY Cuban Black Beans Organic Brown Rice Steamed Carrots Café Bread	6 Roasted Tomato Basil Soup Toasted Cheese Sandwich	7 Rotini Pasta Turkey Ragu Veggie Ragu (V) Steamed Broccoli Café Bread	8 Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn	9 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies
12 MEATLESS MONDAY Red Beans Organic Brown Rice Steamed Carrots Whole Grain Bread	13 Turkey Taco or Veggie Taco(V) Whole Grain Tortilla Steamed Corn	14 Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Corn Bread or Whole Grain Cracker	15 Grass Fed Beef Burger Veggie Burger (V) Whole Grain Bun Lettuce and Tomato	16 No School In Service Day
19 MEATLESS MONDAY Baked Ziti Steamed Broccoli Café Bread	20 Hawaiian Pulled Pork Teriyaki Tofu Organic Brown Rice Steamed Carrots	21 Turkey or Hummus Sub Whole Grain Bun Assorted Veggie Toppings	22 BBQ Chicken BBQ Tofu (V) Whole Grain Bun Steamed Green Bean	23 Assorted Flavors of Whole Grain Pizza Steamed Corn
26 MEATLESS MONDAY Cuban Black Beans Organic Brown Rice Steamed Carrots Whole Grain Bread	27 Roasted Tomato Basil Soup Toasted Cheese Sandwich	28 Rotini Pasta Turkey Ragu Veggie Ragu (V) Steamed Broccoli Café Bread	29 Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn	30 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies
Breakfast Daily: \$1.00, (**Reduced Price \$.30) Breakfast Weekly: \$5.00				
Whole Grain Bagel Half with 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	Assorted Whole Grain Cereal Fresh Baked Muffin Cheese Stick
Daily Lunch Prices				
Elementary: PreK – 5: \$2.50 (**Reduced Price \$.40) Weekly: \$12.50	JrSr 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. 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>				