

Monday

3
Grilled Chicken
Whole Wheat Bun
Grilled Cheese Sandwich
Greek Salad w/Pita
Broccoli w/dip
Grapes
Milk

10
Popcorn Chicken
Whole Wheat Roll
Grilled Cheese Sandwich
Tiger Chef's Salad w/Breadstick
Cucumbers
Apple
Milk

17
Teriyaki Chicken or Tofu and Broccoli
Brown Rice
Grilled Cheese Sandwich
Chicken Ranch Salad w/Roll
Tri-Color Pepper Sticks
Orange
Milk

24
HOLIDAY BREAK

31
HOLIDAY BREAK

Tuesday

4
Chicken or Cheese Pizza Quesadilla
Turkey and Cheese Wrap
Greek Salad w/Pita
Cucumbers
Fruit Salad
Milk

11
Cheeseburger or Veggie Burger
Whole Wheat Bun
Turkey and Cheese Wrap
Tiger Chef's Salad w/Breadstick
Carrots w/dip
Pineapple
Milk

18
Beef or Vegetarian Chili Nachos
Salsa, Lettuce, Cheese
Turkey and Cheese Wrap
Chicken Ranch Salad w/Roll
Carrots w/dip
Banana
Milk

25
HOLIDAY BREAK

Wednesday

5
Vegetable Pasta Primavera
Fun on the Run
Greek Salad w/Pita
Tri-Color Pepper Sticks
Banana
Milk

12
Mini Cheese Ravioli
Fun on the Run
Tiger Chef's Salad w/Breadstick
Green Beans
Banana
Milk

19
Macaroni and Cheese
Fun on the Run
Chicken Ranch Salad w/Roll
Mixed Vegetable Slaw
Fruit Salad
Milk

26
HOLIDAY BREAK

Thursday

6
Chicken or Tofu & Vegetable Stir-fry
Brown Rice
Ham and Cheese Wrap
Greek Salad w/Pita
Edamame Salad
Apple
Milk

13
Beef or Veggie Tacos
Lettuce, Tomato, Guacamole, Cheese
Ham and Cheese Wrap
Tiger Chef's Salad w/Breadstick
Corn and Black Bean Salad
Fruit Salad
Milk

20
EARLY DISMISSAL

27
HOLIDAY BREAK

Friday

7
NO SCHOOL

14
Cheese or Pepperoni Pizza
Tuna Salad Wrap
Tiger Chef's Salad w/Roll
Mixed Greens w/Tomato, Cucumber
Cantaloupe & Honeydew
Milk

21
HOLIDAY BREAK

28
HOLIDAY BREAK

*Alternate Fruit Options: Apple, Grapes, Banana, Pear
*Alternate Sandwich Option: Sunflower Butter and Jelly

*Fun on the Run: Pretzel, Yogurt, String Cheese, Fruit, Vegetable
*Greek Salad: Lettuce, Chicken, Garbanzo Beans, Olives, Tomato, Cucumber, Feta Cheese
*Tiger Chef's Salad: Lettuce, Turkey, Tomato, Cucumber, American Cheese

