

Monday

Tuesday

Wednesday

Thursday

Friday

4
 Teriyaki Chicken or Tofu and Broccoli
 Brown Rice
 Grilled Cheese Sandwich
 Chicken Ranch Salad w/Roll
 Tri-Color Pepper Sticks
 Orange
 Milk

5
 Chicken or Cheese Pizza Quesadilla
 Turkey and Cheese Wrap
 Greek Salad w/Pita
 Cucumbers
 Fruit Salad
 Milk

6
 Vegetable Pasta Primavera
 Fun on the Run
 Greek Salad w/Pita
 Tri-Color Pepper Sticks
 Banana
 Milk

7
 BLT
 Ham and Cheese Wrap
 Greek Salad w/Pita
 Edamame Salad
 Apple
 Milk

1
 Cheese or Pepperoni Pizza
 Tuna Salad Wrap
 Chicken Caesar Salad w/Breadstick Baby
 Mixed Greens w/Tomato, Cucumber
 Apple
 Milk

11
 Popcorn Chicken
 Whole Wheat Roll
 Grilled Cheese Sandwich
 Tiger Chef's Salad w/Breadstick
 Cucumbers
 Apple
 Milk

12
 Cheeseburger or Veggie Burger
 Whole Wheat Bun
 Turkey and Cheese Wrap
 Tiger Chef's Salad w/Breadstick
 Carrots w/dip
 Pineapple
 Milk

13
 Mini Cheese Ravioli
 Fun on the Run
 Tiger Chef's Salad w/Breadstick
 Green Beans
 Banana
 Milk

14
 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

8
 Cheese or Pepperoni Pizza
 Tuna Salad Wrap
 Greek Salad w/Pita
 Spinach Salad w/Oranges, Tomato
 Orange
 Milk

15
 Cheese or Pepperoni Pizza
 Tuna Salad Wrap
 Tiger Chef's Salad w/Roll
 Mixed Greens w/Tomato, Cucumber
 Cantaloupe & Honeydew
 Milk

18
 HOLIDAY BREAK

19
 HOLIDAY BREAK

20
 HOLIDAY BREAK

21
 HOLIDAY BREAK

22
 HOLIDAY BREAK

25
 Boneless Chicken Wings
 Whole Wheat Roll
 Grilled Cheese Sandwich
 Chicken Caesar Salad w/Breadstick
 Sweet Potato Fries
 Banana
 Milk

26
 Beef or Veggie Tacos
 Lettuce, Tomato, Guacamole, Cheese
 Turkey and Cheese Wrap
 Chicken Caesar Salad w/Breadstick
 Corn and Black Bean Salad
 Fruit Salad
 Milk

27
 Pasta w/Meatballs
 Fun on the Run
 Chicken Caesar Salad w/Breadstick
 Broccoli w/dip
 Cantaloupe & Honeydew
 Milk

28
 Turkey Bacon
 French Toast Sticks
 Ham and Cheese Wrap
 Chicken Caesar Salad w/Breadstick
 Potato Puffs
 Pear
 Milk

*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

