

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

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

15
NO SCHOOL

18
Grilled Chicken
Whole Wheat Bun
Grilled Cheese Sandwich
Greek Salad w/Pita
Broccoli w/dip
Grapes
Milk

19
Beef or Vegetarian Nachos
Salsa, Lettuce, Cheese
Turkey and Cheese Wrap
Chicken Ranch Salad w/Roll
Carrots w/dip
Banana
Milk

20
Macaroni and Cheese
Fun on the Run
Chicken Ranch Salad w/Roll
Mixed Vegetable Slaw
Fruit Salad
Milk

21
Chicken or Tofu and Vegetable
Noodle Bowl
Ham and Cheese Wrap
Chicken Ranch Salad w/Roll
Pickled Cucumbers
Grapes
Milk

22
Cheese or Pepperoni Pizza
Tuna Salad Wrap
Chicken Ranch Salad w/Roll
Spinach Salad w/Oranges
Pear
Milk

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

29
Cheese or Pepperoni Pizza
Tuna Salad Wrap
Chicken Caesar Salad w/Breadstick Baby
Mixed Greens w/Tomato, Cucumber
Apple
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