

| NEW TECH | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------|---------|---|--|--|---|--|
| MONTH | WEEK OF | Items in Red indicate a healthy choice option! | | | | |
| Sep | 3 | MUFFINS <i>- lowfat, add blueberries or cranberries</i> | SCRAMBLED EGGS W/ TOAST- <i>Offer wheat bread</i> | WAFFLE STICKS | SAUSAGE- <i>Use turkey sausage</i> BISCUIT- <i>Use lowfat biscuits</i> | CHEESE- <i>Use low fat</i> TOAST- <i>Use wheat bread</i> |
| Oct | 1 | | | | | |
| Oct | 29 | STEAK FINGERS | CHILI CHEESE DOG <i>-Use turkey chili</i> | LASAGNA <i>-Add vegetables</i> | CHICKEN FAJITAS <i>-Use whole wheat/multigrain tortillas</i> | HAMBURGERS <i>-Use wheat buns</i> |
| Nov | 26 | POTATOES & GRAVY | BAKED CHIPS | TOSSED SALAD | CHARRO BEANS | BURGER SALAD |
| Jan | 7 | TOSSED SALAD | BABY CARROTS | CORN | SPANISH RICE | BAKED FRIES |
| Feb | 4 | ROLLS <i>-Use wheat rolls</i> | BANANA | GARLIC BREAD | LETTUCE/TOMATO | FRUIT COCKTAIL |
| Mar | 3 | MIXED FRUIT | SHERBET CUP | APPLE SLICES | PEACHES | OATMEAL RAISIN COOKIE |
| Apr | 7 | | | | | |
| May | 5 | *VEGGIE PIZZA | *CRISPY CHICKEN SALAD | *CHICKEN SANDWICH <i>Offer lettuce and tomato</i> | *SUB SANDWICH | *PIZZA- <i>Add veggies</i> |
| Jun | 2 | | | | | |
| Sep | 10 | BREAKFAST PIZZA | PIG IN A BLANKET <i>-Use turkey sausage</i> | BREAKFAST BURRITO <i>Use whole wheat/multigrain tortillas</i> | SAUSAGE- <i>Use turkey sausage</i> BISCUIT- <i>Use lowfat biscuits</i> | CINNAMON ROLL |
| Oct | 8 | CHICKEN NUGGETS | MINI CORN DOG | TACO | CHICKEN POT PIE | CHICKEN BURGER <i>-Use wheat buns</i> |
| Nov | 5 | POTATOES/ GRAVY | BAKED FRIES | CHARRO BEANS | OKRA | BURGER SALAD |
| Dec | 3 | GREEN BEANS | BROCCOLI W/ CHEESE | LETTUCE & TOMATO | PEACHES | TATER TOTS <i>-Bake the tater tots</i> |
| Jan | 14 | APPLE COBBLER | PEARS | SPANISH RICE | ROLL <i>-Use wheat rolls</i> | FRUIT COCKTAIL |
| Feb | 11 | ROLL <i>-Use wheat rolls</i> | SUNSHINE SWIRL | ORANGE-PINEAPPLE JELLO | OATMEAL RAISIN COOKIE | SHERBET CUP |
| Mar | 17 | | | | | |
| Apr | 14 | *VEGGIE PIZZA | *BAKED POTATO- <i>Offer broccoli/other vegies as add in</i> | *VEGGIE PIZZA | *SUB SANDWICH | *TURKEY WRAP |
| May | 12 | | | | | |
| Sep | 17 | MUFFINS <i>- lowfat, add blueberries or cranberries</i> | SCRAMBLED EGGS W/ TOAST- <i>Offer wheat bread</i> | WAFFLE STICKS | SAUSAGE- <i>Use turkey sausage</i> BISCUIT- <i>Use lowfat biscuits</i> | BREAKFAST TACO <i>Use whole wheat or multigrain tortillas</i> |
| Oct | 15 | CHILI CHEESE DOG <i>-Use turkey chili</i> | CHICKEN FAJITAS <i>-Use whole wheat or multigrain tortillas</i> | GRILLED CHEESE SANDWICH <i>-Use low fat cheese/wheat bread</i> | BBQ CHICKEN | HAMBURGER <i>-Use wheat buns</i> |
| Nov | 12 | CARROT STICKS W/ RANCH- <i>Use low fat ranch</i> | SPANISH RICE | BAKED CHIPS | MASHED POTATOES | BURGER SALAD |
| Dec | 10 | APPLESAUCE | PINTO BEANS | VEGETABLE SOUP | GREEN BEANS | BAKED FRIES |
| Jan | 21 | BROWNIE | LETTUCE/TOMATO | PEACH COBBLER | ROLL <i>-Use wheat rolls</i> | OATMEAL RAISIN COOKIE |
| Feb | 18 | | MIXED FRUIT | | BANANA | ORANGE |
| Mar | 24 | | | | SHERBET CUP | |
| Apr | 21 | | | | | |
| May | 19 | *VEGGIE PIZZA | *CALZONE | *CHICKEN SANDWICH | *SUB SANDWICH | *TURKEY WRAP |
| Aug | 27 | BREAKFAST BURRITO <i>Use whole wheat or multigrain tortillas</i> | PIG IN A BLANKET <i>-Use turkey sausage</i> | CHEESE- <i>Use low fat cheese</i> TOAST- <i>Use wheat bread</i> | SAUSAGE- <i>Use turkey sausage</i> BISCUIT- <i>Use low fat biscuit</i> | CINNAMON ROLL |
| Sep | 24 | | | | | |
| Oct | 22 | CHICKEN TENDERS | NACHOS | SPAGHETTI <i>-Use whole wheat pasta</i> | ENCHILADAS <i>-Use low fat cheese</i> | CHICKEN BURGER <i>-Use whole wheat buns</i> |
| Nov | 19 | POTATOES & GRAVY | BLACK BEANS | CORN | PINTO BEANS | BURGER SALAD |
| Dec | 17 | GREEN BEANS | LETTUCE & TOMATO | TOSSED SALAD | SPANISH RICE | POTATO WEDGES |
| Jan | 28 | ROLL <i>-Use wheat rolls</i> | PEARS | GARLIC BREAD | PEACHES | FRUIT COCKTAIL |
| Feb | 25 | APPLE SLICES | | PINEAPPLES | SHERBET CUP | CHOCOLATE PUDDING |
| Mar | 31 | | | OATMEAL RAISIN COOKIE | | |
| Apr | 28 | | | | | |
| May | 26 | *VEGGIE PIZZA | *BAKED POTATO <i>-Offer broccoli as an add in</i> | *VEGGIE PIZZA | *SUB SANDWICH | *TURKEY WRAP |
| No School | | No School | | Other Days of Interest | | |
| Sept. 3 | | Jan. 1-7 | | Aug. 27 start of 1st semester | | |
| Oct. 8 | | Mar. 10-14 | | Dec. 20 end of 1st semester | | |
| Nov. 12 | | Mar. 21* | | Jan. 8 start of 2nd semester | | |
| Nov. 21-23 | | May. 26* | | Jun. 3 last day of school | | |