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| Breaded Corn Dogs  Garden Salad/LF Dressing  Hickory Baked Beans  Assorted Sidekicks  Ice Cream Cup | Hamburger/Cheese on WW  Bun with Assorted Toppings  Lettuce, Tomato & Pickle  Potato Rounds  Fruit Cup  Oatmeal Cookie | Spaghetti w/ Meat or Alfredo Sauce  Raw Veggie Tray/LF Dip  WG Breadstick  Assorted 100% Juice  Chilled Fruit | Stromboli/Calzones  Spinach Salad/LF Dressing  Fresh Carrot Sticks/LF Dip  Assorted Chilled Fruit  \*K-3 = Pizza | | Chicken Strips  Assorted Potatoes  Sesame Green Beans  WW Dinner Roll  Orange Slices  Assorted 100% Juice |
| Stuffed Bread Sticks/Marinara Sauce  Garden Fresh Salad/LF Dress.  Baby Carrots/FF Dip  Chilled Fruit  Assorted 100% Fruit Juice | Hot Ham & Cheese/Pretzel Roll  Ranch Potato Wedges  Fresh Broccoli  Celery Sticks/FF Dip  Sliced Apples  ½ oz. chips | Nachos w/ Gd. Beef  Lettuce, Tomato & Cheese  Roasted Whole Kernel Corn  Taco Fiesta Black Bean Salad  Chilled Fruit  \*K-3 = Soft Tacos | General Tso’s Chicken  Seasoned Rice  Sautéed Vegetables  Mandarin Oranges  Fortune Cookie  \*K-3 = Sweet & Sour Chicken | | Beef Hotdog on WW Bun  Mashed Potatoes  PA Harvest of the Month  Chilled Fruit  Assorted Sidekicks  Graham Crackers   |  | | --- | |  | |
| Homemade Chicken and Cheese Quesadilla  Cucumber Slices/FF Dip  Applesauce with Cinnamon  Assorted 100% Fruit Juice Goldfish Crackers | Chicken Tenders w/Dip  WG Breadstick  Steamed Cauliflower with  Parsley  Seasoned Baked French Fries  Seasonal Fresh Fruit | Grilled Cheese Sandwich  Tomato Soup  Seasoned White Beans  Garlic Bread  Chilled Fruit | Special Burger of the Day/ Cheese  Garden Salad/LF Dressing  Carrot Sticks/LF Dip  Sun Chips  Fruit of the Day | Assorted Pizza  Steamed Broccoli  Assorted 100% Fruit Juice  Fruit of the Day | |
| **Breakfast for Lunch**  Assorted Breakfast Sandwiches  LF Sausage  Hash Brown  Raw Veggie Tray/LF Dip  Assorted 100% Fruit Juice  Fruit Cup  \*K-3 = French Toast Sticks | Chicken Patti on WW Bun  Lettuce, Tomato & Pickles  Wedge Herb Potatoes  Edamame  Seasonal Fresh Fruit  Graham Crackers  Daily Secondary Alternatives:   1. Salad Bar (or Pre-Made Salads) 2. Grill Side – Chef Choice   Pizza – Most Days | Cycle Menu Flex Day  Chef’s Choice will be Posted in Cafeteria  Alternative meals come with  daily fruit, vegetable, and 8 oz. milk. | Macaroni & Cheese  Stewed Tomatoes  WW Breadstick  Fresh Baby Carrots/FF Dip  Seedless Grapes  Assorted Sidekicks | | Stuffed Crust Pizza  Garden Salad/LF Dressing  Raw Veggie Tray/LF Dip  Apple Slices  Cheez-Its  All meals include 8 oz. milk.. |