

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A	Breakfast for Lunch Pancakes with Syrup Pork Sausage Hash Browned Potato	RF WG Individual French Bread Cheese Pizza Green Salad with Vegetables Fruit Cup	RF Beef Taco Nachos Served with WG "Scoops" Tortilla Chips RF Shredded Cheddar Cheese Salsa Refried Beans	Baked Tyson Chicken Nuggets with Dipping Sauce Oven Potato WG Bread Option* Fresh Fruit	Special To Be Announced FRESH FRIDAYS**
B	Eisenberg All-Beef Hot Dog on a WG Bun Oven Baked Potato Baked Beans	RF WG Individual Round Pan Cheese Pizza Hot Vegetable Fruit Cup	WG Pasta with RF Italian Meat Sauce Garlic Bread Green Salad with Vegetables Fresh Fruit	Baked Tyson Chicken Tenders with Dipping Sauce Mashed Potatoes WG Bread Option* Fresh Fruit	Special To Be Announced FRESH FRIDAYS**
C	Breakfast for Lunch Cinnamon French Toast Slice Pork Sausage 100% Fruit Juice	RF WG Individual Stuffed Crust Cheese Pizza Green Salad with Vegetables Fruit Cup	RF Breaded Mozzarella Cheese Sticks with Marinara Sauce Hot Vegetable Fresh Fruit	RF Hamburger or RF Cheeseburger on a WG Bun Oven Potato Fresh Fruit	Special To Be Announced FRESH FRIDAYS**

To see which weeks "A," "B," or "C" foods are served, please see reverse.

Bread Option* is either a whole grain roll, breadstick or warm pretzel

RF—Reduced Fat Item WG—Whole Grain Item

BAG LUNCHES OFFERED DAILY

Delicious Freshly Made Assorted Sandwiches
Made on Whole Grain Breads, Rolls and Wraps

Peanut Butter and Jelly Uncrustable Sandwich

Bagel and All Natural Yogurt Lunch

OFFERED WITH ALL LUNCH CHOICES

Unlimited Fresh Fruit and Vegetable Side Choices

1% and Skim rBST Free Milk Choices

RF— Reduced Fat Item WG—Whole Grain Item

HEALTHY FOODS and GOOD NUTRITION

are always on our menu!

We serve...

- ✿ **RF** (reduced-fat) baked entrées
- ✿ zero trans fat products
- ✿ low-fat cheese pizzas with **WG** (whole grain) crusts
- ✿ **WG** (whole grain) pasta, breads, rolls and buns
- ✿ whole white meat chicken products
- ✿ a variety of fresh fruits and vegetables with all meals

**FRESH FRIDAYS

Featuring locally grown produce. Check your Cafeteria for details about the farm the featured fruit and vegetables came from.