

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

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

**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.

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