

LUNCH MENU

LUNCH WILL INCLUDE: - FRUIT, VEGETABLE, PROTIEN AND GRAIN.

We use seasonal fresh fruits.

Day	Main Dish	Vegetarian Alternate	Veggie	Other	Fruit
Mon	Quesadillas	PB tortillas	Corn		
Tue	Cheese Pizza	Cheese Pizza	Carrots		
Wed	PB Sandwich	PB Sandwich	Celery		
Thur	Spaghetti	Spaghetti	Peas	beans	
Fri	Chicken Nuggets	Veggie Nuggets	Green beans		
Day	Main Dish	Vegetarian Alternate	Veggie	Other	
Mon	Fish sticks	PB tortillas	Broccoli		
Tue	Macaroni & Cheese	Macaroni & Cheese,	Green beans	peanuts	
Wed	Veg. rice	Veg. rice	Corn	eggs	
Thur	Cheese Sandwich w/ lunch meat	Cheese Sandwich	Peas	pickles	
Fri	Taco	Taco	Lettuce, cheese, beans	Salsa, sour cream, etc	