Lunch/Supper Menu

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **3**  **Cheeseburger—2 oz.**  **WG Bun—1 each**  **Roasted Potatoes—1/2 cup**  **Apple – 1 each (FR)**  **Skim Milk—8 fl. oz.** | **4**  **Buffalo Chicken Sandwich – 2 oz.**  **WG Wheat Bun – 1 each**  **Baked Potato – 1 each (FR)**  **Cantaloupe– 4 oz. (FR)**  **Skim Milk—8 fl. oz.** | **5**  **Chicken Queso—4 oz.**  **WG Tortilla Chips—1 oz.**  **Corn—1/2 cup (FZ)**  **Watermelon—4 oz. (FR)**  **Skim Milk—8 fl. oz.** | **6**  **WG Spaghetti – ½ cup**  **Beef Meat Sauce – ½ cup**  **Broccoli & Cheese – ½ cup (FZ)**  **Pineapple – 4 oz. (FR)**  **Skim Milk – 8 fl. Oz.** |
| **9**  **Beef Nachos—3 oz.**  **WG Tortilla Chips—1 oz.**  **Lettuce & Tomato Salad—1 c (FR)**  **Orange – 1 each (FR)**  **Skim Milk—8 fl. oz.** | **10**  **BBQ Chicken—1 thigh**  **WG Honey Roll—1 each**  **Green Beans— ½ c (FZ)**  **Watermelon—4 oz. (FR)**  **Skim Milk—8 fl. oz.** | **11**  **Meatball Sub—2 oz.**  **WG Bun—1 each**  **Broccoli & Cheese – ½ cup (FZ)**  **Fresh Pineapple—4 oz. (FR)**  **Skim Milk—8 fl. oz.** | **12.**  **Beef Soft Tacos—2 oz.**  **WG Tortilla—2 each**  **Lettuce/Tomato Salad—1 cup (FR)**  **Grapes—1/2 cup (FR)**  **Skim Milk—8 fl. oz.** | **13**  **Fried Chicken – 3 oz.**  **Mac N Cheese – 3 oz.**  **Corn – ½ c. (FZ)**  **Cantaloupe – 4 oz. (FR)**  **Skim Milk—8 fl. oz.** |
| **16**  **Pulled BBQ Chicken—2 oz.**  **Wheat Bun—1 serving**  **Baked Potato—1 each (FR)**  **Apple—1 each (FR)**  **Skim Milk—8 fl. oz.** | **17**  **Chicken Soft Tacos—2 oz.**  **WG Tortilla—1 serving**  **Lettuce/Tomato Salad—1 cup (FR)**  **Pineapple—4 oz. (FR)**  **Skim Milk—8 fl. oz.** | **18**  **Grilled Chicken Salad -**  **chicken 2 oz., salad 1 cup (FR)**  **WG Roll—1 each**  **Grapes—1/2 cup (FR)**  **Skim Milk—8 fl. oz.** | **19**  **BBQ Meatballs—3 oz.**  **WG Bread Stick—1 each**  **Corn on the Cob—4 oz. (FZ)**  **Sliced Cantaloupe—4 oz. (FR)**  **Skim Milk—8 fl. oz.** | **20**  **Beef Tacos – 2 oz.**  **WG Shells – 2 each**  **Tomato/Lettuce- ½ cup (FR)**  **Watermelon – 4 oz. (FR)**  **Skim Milk – 8 fl. Oz.** |
| **23**  **Lemon Pepper Chicken—1 thigh**  **WG Brown Rice—4 oz.**  **Garden Salad— 1 c.(FR)**  **Grapes— ½ c (FR)**  **Skim Milk—8 fl. oz.** | **24**  **WG Spaghetti – ½ cup**  **Beef Meat Sauce – ½ cup**  **Broccoli & Cheese – ½ cup (FZ)**  **Pineapple – 4 oz. (FR)**  **Skim Milk – 8 fl. Oz** | **25**  **Buffalo Chicken Sandwich – 2 oz.**  **WG Wheat Bun – 1 each**  **Baked Potato – 1 each (FR)**  **Cantaloupe– 4 oz. (FR)**  **Skim Milk—8 fl. oz.** | **26**  **Chicken Queso—4 oz.**  **WG Tortilla Chips—1 oz.**  **Corn—1/2 cup (FZ)**  **Watermelon—4 oz. (FR)**  **Skim Milk—8 fl. oz.** | **27**  **Cheeseburger—2 oz.**  **WG Bun—1 each**  **Roasted Potatoes—1/2 cup (FR)**  **Pineapple – 4 oz. (FR)**  **Skim Milk—8 fl. oz.** |
| **30**  **Beef Nacho’s – 3 oz.**  **Tortilla Chips – 1 oz.**  **Lettuce/Tomato Salad – 1 cup (FR)**  **Orange – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** |  | | | |