



WEEKLY AVERAGES

Monday	Tuesday	Wednesday	Thursday	Friday	WEEKLY AVERAGES
1 pepperoni pizza turkey wrap Half Bagel & Yogurt Deli Sandwich of Day FRUIT AND VEGETABLE BAR Milk	2 Dr. Seuss' Birthday Green eggs & ham one fish two fish (sticks) roast beast (beef) sandwich fruit & vegetable bar with other Dr. Seuss treats	3 all american hero american chop suey Apple Yogurt Deli Sandwich of Day Fruit & Veggie Bar Milk	4 Baked Potato & Cheese Bro BBQ Chicken Sandwich Half Bagel & Yogurt Deli Sandwich of Day Fruit & Veggie Bar Milk	5 Calzone Cheese Quesadilla chef's salad Deli Sandwich of Day Fruit & Veggie Bar Milk	Cal 689 T.Fat 18.06 G S.Fat 5.5 G Chol 37.1 Mg Sodm 1199.09 Mg Carb 105.53 G Fiber 8.4 G
8 Dunkers Double Burger Half Bagel & Yogurt Deli Sandwich of Day Fruit & Veggie Bar Milk	9 egg & ham bagel english muffin pizza Enchiladas Deli Sandwich of Day Fruit & Veggie Bar Milk	10 Fettuccini Alfredo Fishburger Fresh Yogurt & Bagel Deli Sandwich of Day Fruit & Veggie Bar Milk	11 Grilled Cheese & Tomato Grill Chicken Wrap Green Bean Casserole Deli Sandwich of Day Fruit & Veggie Bar Milk	12 Ham & Egg Scrambled Honey BBQ Chix Sand Half Bagel & Yogurt Deli Sandwich of Day Fruit & Veggie Bar Milk	Cal 716 T.Fat 18.79 G S.Fat 4.9 G Chol 74.9 Mg Sodm 1234.48 Mg Carb 110.59 G Fiber 9.3 G
15 Inferno Wings Jumbalaya Italian Sandwich Half Bagel & Yogurt Fruit & Veggie Bar Milk	16 Lasagna Loaded Pizza LENTIL SOUP Deli Sandwich of Day Fruit & Veggie Bar Milk	17 Macaroni & Cheese & Ham Meatball Sandwich Yogurt with Granola Deli Sandwich of Day Fruit & Veggie Bar Milk	18 NACHOS WITH GROUND BEEF Noodles with Broccoli grilled cheese sandwich Deli Sandwich of Day Fruit & Veggie Bar Milk	19 OVEN FRIED CHICKEN Orange chicken grilled cheese sandwich Deli Sandwich of Day Fruit & Veggie Bar Milk	Cal 850 T.Fat 27.76 G S.Fat 15.6 G Chol 77.4 Mg Sodm 1436.26 Mg Carb 116.11 G Fiber 16.9 G
22 PANCAKES pasta with sauce Pastrami sandwich Deli Sandwich of Day Fruit & Veggie Bar Milk	23 quiche Ravioli Rice Bowl w/chicken Deli Sandwich of Day Fruit & Veggie Bar Milk	24 Scrambled Eggs & Ham Spanish Rice SWEET AND SOUR PORK Deli Sandwich of Day Fruit & Veggie Bar Milk	25 Taco Boat Tuna Melt turkey wrap Deli Sandwich of Day Fruit & Veggie Bar Milk	26 upside down pot pie unbeleivable chili Half Bagel & Yogurt Deli Sandwich of Day Fruit & Veggie Bar Milk	Cal 707 T.Fat 20.11 G S.Fat 5.5 G Chol 63.9 Mg Sodm 1213.49 Mg Carb 108.51 G Fiber 9.5 G
29 VEGETABLE WRAPS Vegetable Stir Fry with Brown Rice Veggie Pizza Fruit & Veggie Bar Milk	30 waffles & ham Whole Wheat Chix sub grilled cheese sandwich Deli Sandwich of Day Fruit & Veggie Bar Milk	31 Yogurt with Granola x-tra long sand TUNA AND NOODLES Deli Sandwich of Day Fruit & Veggie Bar Milk	Please contact the School Nutrition Office at 767 - 3266 with any concerns about student food allergies.		Cal 761 T.Fat 20.06 G S.Fat 23.7 G Chol 50.9 Mg Sodm 1355.10 Mg Carb 117.39 G Fiber 27.3 G

* Items that contain pork

MENU SUBJECT TO
CHANGE WITHOUT
NOTICE