

All students will receive one free lunch meal per day.

All students must take at least three food items and one must be a fruit or vegetable.

### Monday

Corn Dogs **3**  
 Steamed Corn  
 Jicama and Cucumbers  
 Pears  
 Milk- 1% or Fat Free

### Tuesday

Beef Nachos **4**  
 Pinto Beans  
 Salsa & Guacamole  
 Apples  
 Milk- 1% or Fat Free

### Wednesday

Baked Penne Pasta **5**  
 Garden Salad  
 Cherry Tomatoes  
 Banana  
 Milk- 1% or Fat Free

### Thursday

Chicken and Waffles **6**  
 Mashed Potatoes  
 Broccoli  
 Grapes  
 Milk – 1% or Fat Free

### Friday

Beef Chalupas **7**  
 Pinto Beans  
 Carrot Sticks  
 Apples  
 Milk – 1% or Fat Free

Cheese Calzones **10**  
 Carrot Sticks  
 Vegetarian Beans  
 Pineapple spears  
 Milk- 1% or Fat Free

Chicken Tamales **11**  
 Brown Rice, Black Beans  
 Salsa Cups  
 Apples  
 Milk- 1% or Fat Free

Beef Quesadilla **12**  
 Jicama & Cucumber  
 Guacamole  
 Banana  
 Milk- 1% or Fat Free

Chicken Tenders **13**  
 Broccoli  
 Mashed Potatoes  
 Grapes  
 Milk- 1% or Fat Free

Chicken Pozole **14**  
 Diced Onions,  
 Shredded Cabbage,  
 Radishes, Tortilla Chips  
 Oranges  
 Milk- 1% or Fat Free

### No School **17**

Bean and Cheese Burritos **18**  
 Black Bean Salad  
 Jicama Sticks  
 Pears  
 Milk – 1% or Fat Free

Chicken Patty Sandwich **19**  
 Potato Tots  
 Veggie Beans  
 Grapes  
 Milk- 1% or Fat Free

Mini Pizza **20**  
 Garden Salad  
 Broccoli  
 Oranges  
 Milk- 1% or Fat Free

Beef Hot Dogs **21**  
 Chili Beans  
 Corn  
 Apples  
 Milk – 1% or Fat Free

**NEW** **24**  
 Bean & Cheese Pupusa,  
 Curtido, Black Beans  
 Apples  
 Milk -1% or Fat Free

BBQ Chicken Drumstick **25**  
 WG Biscuits  
 Mixed Squash, Carrot Sticks  
 Oranges  
 Milk -1% or Fat Free

Beef Hamburger **26**  
 Potato Tots-Lettuce And  
 Tomato- Celery Sticks  
 Banana  
 Milk – 1% or Fat Free

Chicken Tenders **27**  
 Broccoli  
 Mashed Potatoes  
 Pears  
 Milk- 1% or Fat Free

Vegetarian Lasagna **28**  
 Garden Salad  
 Dinner Roll  
 Carrot Sticks w/ Ranch  
 Grapes  
 Milk – 1% or Fat Free

This institution is an equal opportunity employer and provider.

