

Elementary Breakfast

**all meals come with choice of :
8 oz. Lowfat 1% Milk or
8 oz. Fat Free Chocolate Milk

1

Main Entrees

- Blueberry Bash Waffles
- Cinnamon Mini French Toast
- Berry Mini French Toast
- Whole Grain French Toast Sticks
- Maple Burst Mini Pancakes
- Strawberry Mini Pancakes
- Egg & Cheese Sandwich
- Breakfast Sausage Pizza
- Bacon Scramble Breakfast Pizza
- Chocolate Chocolate Chip Muffin
- Whole Grain Blueberry Muffin
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Cereal, Apple Cinnamon, Cherrios, Bowl
- Cereal, Cocoa Puffs, 25% Less Sugar
- Cereal, Golden Graham, Bowl, 1 oz
- Cereal, Frosted Corn Flakes, Bowl
- Cereal, Cinnamon Toast Crunch, Bowl
- Cereal, Trix, Bowl 1 oz
- Bar, Cereal, Trix, 1.42 oz
- Golden Grahams Cereal Bar
- Bar, Cereal, Cinnamon Toast Crunch, 1.42 oz
- Scooby Doo Graham Crackers
- Cheddar Goldfish Crackers

Alternate Entrees

- Low Fat Mozzarella String Cheese
- Vanilla Yogurt
- Strawberry Banana Yogurt
- Scooby Doo Graham Crackers

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

2

Main Entrees

- Blueberry Bash Waffles
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Alternate Entrees

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Fruit & Vegetable Bar

- Assorted Fruit Juice
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- Fresh Whole Fruit

3

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Alternate Entrees

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Fruit & Vegetable Bar

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4

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Fruit & Vegetable Bar

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Fruit & Vegetable Bar

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11

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15

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Elementary Lunch

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or
8 oz. Fat Free
Chocolate Milk

- | | | | | |
|---|---|--|--|--|
| <p>1</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Cheese Pizza Quesadilla <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Beef Hot Dog on Whole Wheat • Chocolate Chip Muffin Fun Lunch • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Seasoned Broccoli • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit • Assorted Fruit Juice | <p>2</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Classic Cheese Pizza <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Beef Hot Dog on Whole Wheat • Chocolate Chip Muffin Fun Lunch • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Seasoned Peas • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit • Assorted Fruit Juice | <p>3</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Classic American Cheeseburger <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks • Pizza Sauce • Cocoa Puffs Cereal Bar • Vanilla Yogurt • Cheese, String, Part Skim, 1 oz • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Oven Baked Fries • Oven Baked Fries • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit | <p>4</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Whole Grain Pancakes • Scrambled Eggs with Cheddar Cheese <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Crispy Chicken Patty Sandwich • Blueberry Muffin & Goldfish Fun Lunch • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Tater Tots • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit • Assorted Fruit Juice | <p>5</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Honey Glazed Chicken • Whole Grain Dinner Roll <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Deep Dish Cheese Pizza • Turkey and Cheese Sandwich • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Savory Green Beans • Mashed Potatoes • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit |
| <p>6</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Mini Turkey Corn Dogs <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Turkey Ham & Cheese on Pretzel Roll • Crunchy Peach Blueberry Parfait • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Boston Baked Beans • Dark Green Salad Crunchy Mix • Assorted Chilled Fruit • Fresh Whole Fruit | <p>7</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Crunchy Beef Tacos • Lettuce, Tomato and Cheddar Garnish • Salsa <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Beef Hot Dog on Whole Wheat • Chocolate Chip Muffin Fun Lunch • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Mexicali Corn • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit • Assorted Fruit Juice | <p>8</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Whole Grain Chicken Nuggets • Whole Grain Dinner Roll <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks • Pizza Sauce • Cocoa Puffs Cereal Bar • Vanilla Yogurt • Cheese, String, Part Skim, 1 oz • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Mashed Potatoes • Chicken Gravy • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit | <p>9</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Roasted Turkey with Gravy • Whole Grain Bread Stuffing <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Crispy Chicken Patty Sandwich • Blueberry Muffin & Goldfish Fun Lunch • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Seasoned Peas and Carrots • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit • Assorted Fruit Juice | <p>10</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Colby Cheese Omelet • Cinnamon Sugar Breadstick <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Deep Dish Cheese Pizza • Turkey and Cheese Sandwich • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Hash Brown Patty • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit |
| <p>11</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Toasty Cheese Sandwich • Campbell's Tomato Soup <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Crispy Chicken Patty Sandwich • Blueberry Muffin & Goldfish Fun Lunch • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Campbell's Tomato Soup • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit • Assorted Fruit Juice | <p>12</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Turkey Macho Nachos • Salsa <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Beef Hot Dog on Whole Wheat • Chocolate Chip Muffin Fun Lunch • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Steamed Golden Corn • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit • Assorted Fruit Juice | <p>13</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Whole Grain Chicken Nuggets • Whole Grain Rotini <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks • Pizza Sauce • Cocoa Puffs Cereal Bar • Vanilla Yogurt • Cheese, String, Part Skim, 1 oz • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Seasoned Broccoli with Cheese Sauce • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit | <p>14</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Whole Grain French Toast Sticks • Turkey Sausage Link <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Crispy Chicken Patty Sandwich • Blueberry Muffin & Goldfish Fun Lunch • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Smile Potatoes • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit • Assorted Fruit Juice | <p>15</p> <p>Main Entrees</p> <ul style="list-style-type: none"> • Pepperoni Pizza Pasta Bake <p>Alternate Entrees</p> <ul style="list-style-type: none"> • Deep Dish Cheese Pizza • Turkey and Cheese Sandwich • Peanut Butter • Cheddar Goldfish Crackers • Honey Granola <p>Sides for All Meals</p> <ul style="list-style-type: none"> • Seasoned Peas and Carrots • Assorted Fresh Vegetables • Assorted Chilled Fruit • Fresh Whole Fruit |

16

Main Entrees

- Philly Cheese Steak
- Fresh Sautéed Peppers & Onions

Alternate Entrees

- Turkey Ham & Cheese on Pretzel Roll
- Crunchy Peach Blueberry Parfait
- Peanut Butter
- Cheddar Goldfish Crackers
- Honey Granola

Sides for All Meals

- Boston Baked Beans
- Oven Baked Fries
- Dark Green Salad Crunchy Mix
- Assorted Chilled Fruit
- Fresh Whole Fruit

17

Main Entrees

- Chicken Taco Supreme
- Lettuce, Tomato and Cheddar Garnish
- Salsa

Alternate Entrees

- Beef Hot Dog on Whole Wheat
- Chocolate Chip Muffin Fun Lunch
- Peanut Butter
- Cheddar Goldfish Crackers
- Honey Granola

Sides for All Meals

- Mexicali Corn
- Assorted Fresh Vegetables
- Assorted Chilled Fruit
- Fresh Whole Fruit
- Assorted Fruit Juice

18

Main Entrees

- Whole Grain Chicken Nuggets
- Cheesy Whole Grain Breadstick

Alternate Entrees

- Cheese Stuffed Breadsticks
- Pizza Sauce
- Cocoa Puffs Cereal Bar
- Vanilla Yogurt
- Cheese, String, Part Skim, 1 oz
- Peanut Butter
- Cheddar Goldfish Crackers
- Honey Granola

Sides for All Meals

- Seasoned Peas and Carrots
- Assorted Fresh Vegetables
- Assorted Chilled Fruit
- Fresh Whole Fruit

19

Main Entrees

- Toasty Cheese Sandwich
- Campbell's Tomato Soup

Alternate Entrees

- Crispy Chicken Patty Sandwich
- Blueberry Muffin & Goldfish Fun Lunch
- Peanut Butter
- Cheddar Goldfish Crackers
- Honey Granola

Sides for All Meals

- Campbell's Tomato Soup
- Assorted Fresh Vegetables
- Assorted Chilled Fruit
- Fresh Whole Fruit
- Assorted Fruit Juice

20

Main Entrees

- Lasagna Style Pasta Bake
- Whole Grain Dinner Roll

Alternate Entrees

- Deep Dish Cheese Pizza
- Turkey and Cheese Sandwich
- Peanut Butter
- Cheddar Goldfish Crackers
- Honey Granola

Sides for All Meals

- Savory Green Beans
- Assorted Fresh Vegetables
- Assorted Chilled Fruit
- Fresh Whole Fruit

21

Main Entrees

- Pizza Burger

Alternate Entrees

- Turkey Ham & Cheese on Pretzel Roll
- Crunchy Peach Blueberry Parfait
- Peanut Butter
- Cheddar Goldfish Crackers
- Honey Granola

Sides for All Meals

- Classic Baked Beans
- Oven Baked Fries
- Assorted Fresh Vegetables
- Assorted Chilled Fruit
- Fresh Whole Fruit

21

Main Entrees

- Hot Ham & Cheese on Pretzel Bun
- Chocolate Chocolate Chip Muffin
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Maple Burst Mini Pancakes
- Blueberry Bash Waffles
- Whole Grain Bagel
- Honey Graham Crackers
- Jelly, Assorted, Reduced Sugar
- Cream Cheese, Light, .75 oz

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Fresh Whole Fruit

Middle School Lunch

****all meals come with choice of :
8 oz. Lowfat 1% Milk or
8 oz. Fat Free Chocolate Milk**

1

Main Entrees

- Home-Style Meatloaf
- Whole Grain Dinner Roll
- Mashed Potatoes
- Brown Gravy
- Seasoned Peas

Grill

- Homemade Cheese Pizza Bagels
- Cheese Pizza Quesadilla
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Turkey Ham & Cheese on Pretzel Roll
- Oven Baked Fries

Extra Extra

- Fresh Caesar Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

2

Main Entrees

- Classic Hamburger
- American Swiss Cheese Slices
- White American Cheese
- Provolone Cheese
- Sautéed Mushrooms
- Fresh Sautéed Onions
- Chopped Bacon Garnish
- Sliced Tomatoes
- Shredded Romaine Lettuce

Grill

- Classic Cheese Pizza
- Cheese Stuffed Breadsticks
- Marinara Sauce
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Turkey Ham & Cheese on Pretzel Roll
- Oven Baked Fries

Extra Extra

- Fresh Caesar Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

3

Main Entrees

- Honey Glazed Chicken
- Fresh Baked Whole Grain Biscuit
- Seasoned Peas
- Mashed Potatoes
- Chicken Gravy

Grill

- Classic Pepperoni Pizza
- Cheese Pizza Quesadilla
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Classic American Burger
- Oven Baked Fries

Extra Extra

- Good Ol' Potato Salad
- Fresh Baby Carrots
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

4

Main Entrees

- Open Faced Hot Turkey Sandwich
- Tender Green Beans
- Oven Baked Fries

Grill

- Cheeseburger Pizza
- Deep Dish Cheese Pizza
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Whole Grain Dinner Roll
- Oven Baked Fries

Extra Extra

- Dark Green Salad Crunchy Mix
- Garbanzo Beans
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

5

Main Entrees

- Turkey Macho Nachos
- Salsa
- Low Fat Sour Cream

Grill

- Classic Pepperoni Pizza
- Baked Mozzarella Cheese Sticks
- Marinara Sauce
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Turkey & Swiss on Pretzel Roll
- Oven Baked Fries

Extra Extra

- Fresh Caesar Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

6

Main Entrees

- BBQ Shredded Pork
- Italian Meatball Sub
- Baked Crinkle Fries

Grill

- Classic Cheese Pizza
- Cheese Stuffed Breadsticks
- Marinara Sauce
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Classic American Burger
- Oven Baked Fries

Extra Extra

- Good Ol' Potato Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

7

Main Entrees

- Chicken Strips
- Whole Grain Garlic Twist
- Classic Baked Beans
- Seasoned Broccoli

Grill

- Classic Pepperoni Pizza
- Cheese Pizza Quesadilla
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Turkey Ham & Cheese on Pretzel Roll
- Oven Baked Fries

Extra Extra

- Fresh Caesar Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

8

Main Entrees

- Mashed Potato & Chicken Bowl
- Whole Grain Dinner Roll
- Seasoned Corn

Grill

- Cheeseburger Pizza
- Deep Dish Cheese Pizza
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Classic American Burger
- Oven Baked Fries

Extra Extra

- Good Ol' Potato Salad
- Fresh Baby Carrots
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

9

Main Entrees

- General Tso's Chicken
- Fried Brown Rice
- Seasoned Broccoli
- Seasoned Carrots

Grill

- Classic Pepperoni Pizza
- Baked Mozzarella Cheese Sticks
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Whole Grain Chicken Nuggets
- Whole Grain Dinner Roll
- Oven Baked Fries

Extra Extra

- Crunchy Spinach Salad
- Garbanzo Beans
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

10

Main Entrees

- Savory Baked Stuffed Potato
- Veggie Chili and Cheese Potato
- Fresh Baked Whole Grain Biscuit

Grill

- Meat Lover's Flatbread
- Cheese Stuffed Breadsticks
- Marinara Sauce
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- BBQ Rib-B-Q Sandwich
- Oven Baked Fries

Extra Extra

- Fresh Caesar Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

11

Main Entrees

- Ham, Egg, & Cheese Flatbread Fold
- Home Fried Potatoes
- Seasoned Carrots

Grill

- Classic Cheese Pizza
- Cheese Stuffed Breadstick
- Marinara Sauce
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Classic American Burger
- Oven Baked Fries

Extra Extra

- Good Ol' Potato Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

12

Main Entrees

- Toasty Cheese Sandwich
- Campbell's Tomato Soup
- Seasoned Peas

Grill

- Classic Pepperoni Pizza
- Cheese Pizza Quesadilla
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Turkey Ham & Cheese on Pretzel Roll
- Oven Baked Fries

Extra Extra

- Fresh Caesar Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

13

Main Entrees

- Mashed Potato & Chicken Bowl
- Whole Grain Dinner Roll
- Seasoned Corn
- Marinara Sauce

Grill

- Cheeseburger Pizza
- Deep Dish Cheese Pizza
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Classic American Burger
- Oven Baked Fries

Extra Extra

- Good Ol' Potato Salad
- Fresh Baby Carrots
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

14

Main Entrees

- Italian Sausage on Loco Bread
- Beef Hot Dog on Whole Wheat
- Fresh Sautéed Peppers & Onions
- Creamy Cheddar Cheese Sauce
- Baked Crinkle Fries

Grill

- Classic Pepperoni Pizza
- Baked Mozzarella Cheese Sticks
- Marinara Sauce
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Whole Grain Chicken Nuggets
- Whole Grain Dinner Roll
- Oven Baked Fries

Extra Extra

- Crunchy Spinach Salad
- Garbanzo Beans
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

15

Main Entrees

- Breaded Chicken Drumstick
- Macaroni and Cheese
- Tender Green Beans

Grill

- Meat Lover's Flatbread
- Cheese Stuffed Breadsticks
- Marinara Sauce
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- BBQ Rib-B-Q Sandwich
- Oven Baked Fries

Extra Extra

- Fresh Caesar Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

16

Main Entrees

- Home-style Beef and Bean Chili
- Seasoned Rotini Pasta
- Seasoned Corn

Grill

- Classic Cheese Pizza
- Cheese Stuffed Breadsticks
- Marinara Sauce
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Classic American Burger
- Oven Baked Fries

Extra Extra

- Fresh Caesar Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

17

Main Entrees

- Philly Cheese Steak
- Chicken Cheese Steak
- Fresh Sautéed Peppers & Onions
- Creamy Cheddar Cheese Sauce
- Sautéed Mushrooms
- Shredded Romaine Lettuce
- Sliced Tomatoes
- Seasoned Fries

Grill

- Classic Pepperoni Pizza
- Cheese Pizza Quesadilla
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Turkey Ham & Cheese on Pretzel Roll
- Oven Baked Fries

Extra Extra

- Fresh Caesar Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

18

Main Entrees

- Mashed Potato & Chicken Bowl
- Whole Grain Dinner Roll
- Seasoned Corn

Grill

- Cheeseburger Pizza
- Deep Dish Cheese Pizza
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Classic American Burger
- Oven Baked Fries

Extra Extra

- Good Ol' Potato Salad
- Fresh Baby Carrots
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

19

Main Entrees

- Turkey Macho Nachos
- Shredded Romaine Lettuce
- Salsa
- Seasoned Carrots

Grill

- Classic Pepperoni Pizza
- Baked Mozzarella Cheese Sticks
- Marinara Sauce
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Whole Grain Chicken Nuggets
- Whole Grain Dinner Roll
- Oven Baked Fries

Extra Extra

- Crunchy Spinach Salad
- Garbanzo Beans
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

20

Main Entrees

- Classic Hamburger
- American Swiss Cheese Slices
- White American Cheese
- Provolone Cheese
- Sautéed Mushrooms
- Chopped Bacon Garnish
- Shredded Romaine Lettuce
- Sliced Tomatoes
- Fresh Sautéed Peppers & Onions
- Seasoned Fries

Grill

- Meat Lover's Flatbread
- Cheese Stuffed Breadsticks
- Marinara Sauce
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- BBQ Rib-B-Q Sandwich
- Oven Baked Fries

Extra Extra

- Fresh Caesar Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

21

Main Entrees

- Home-Style Meatloaf
- Whole Grain Dinner Roll
- Mashed Potatoes
- Brown Gravy
- Seasoned Peas

Grill

- Homemade Cheese Pizza
- Bagels
- Cheese Pizza Quesadilla
- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Turkey Ham & Cheese on Pretzel Roll
- Oven Baked Fries

Extra Extra

- Fresh Caesar Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

21

Main Entrees

- Sausage & Cheese on English Muffin
- Ham, Egg & Cheese on English Muffin
- Bacon, Egg, & Cheese Bagel
- Turkey Sausage & Cheese Biscuit
- Turkey Sausage, Egg, & Cheese Bagel

Alternate Entrees

- Whole Grain French Toast Sticks
- Whole Grain Pancakes
- Whole Grain Waffles
- Apple Frudel
- Cherry Frudel
- Cereal, Cheerios Multigrain, Bowl
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Yogurt, Strawberry Banana, Danimals, 4 oz
- Muffin, Blueberry, Whole Grain, 2 oz, IW
- Muffin, Chocolate Chip, Whole Grain, 2 oz, IW
- Low Fat Mozzarella String Cheese
- Scooby Doo Graham Crackers
- Cheddar Goldfish Crackers
- Breakfast Syrup

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

Big Spring High School Lunch

**all meals come
with choice of:
8 oz. Lowfat 1%
Milk or
8 oz. Fat Free
Chocolate Milk

1

- Main Entrees**
- Honey Glazed Chicken
 - Mashed Potatoes
 - Chicken Gravy
 - Seasoned Broccoli
 - Fresh Baked Whole Grain Biscuit
- Crust & Stuff**
- Classic Pepperoni Pizza
 - Sicilian Calzone
 - Deep Dish Cheese Pizza
 - Marinara Sauce

2

- Main Entrees**
- Whole Grain Pancakes
 - Scrambled Eggs with Cheddar Cheese
 - Hash Brown Patty
 - Breakfast Syrup
- Crust & Stuff**
- Classic Pepperoni Pizza
 - Meat Lover's Pizza
 - Cheese Stuffed Breadsticks
 - Marinara Sauce

3

- Main Entrees**
- Open Faced Hot Turkey Sandwich
 - Whole Grain Sliced Bread
 - Seasoned Fries
 - Savory Green Beans
- Crust & Stuff**
- Classic Pepperoni Pizza
 - Chicken Bacon Ranch Pizza
 - Cheese Pizza Quesadilla
 - Marinara Sauce

4

- Main Entrees**
- Turkey Macho Nachos
 - Creamy Cheddar Cheese Sauce
 - Salsa
 - Green Leaf Lettuce
 - Low Fat Sour Cream
 - Seasoned Corn
- Crust & Stuff**
- Classic Pepperoni Pizza
 - Philly Cheese Steak Pizza
 - Deep Dish Cheese Pizza
 - Marinara Sauce

- Extra Extra**
- Assorted Fresh Vegetables
 - Fresh Baby Carrots
 - Assorted Fruit Juice
 - Assorted Chilled Fruit
 - Fresh Whole Fruit

- Extra Extra**
- Garbanzo Beans
 - Fresh Celery Sticks
 - Assorted Chilled Fruit
 - Fresh Whole Fruit

- Extra Extra**
- Assorted Fresh Vegetables
 - Sliced Cucumbers
 - Assorted Fruit Juice
 - Assorted Chilled Fruit
 - Fresh Whole Fruit

- Extra Extra**
- Garbanzo Beans
 - Fresh Baby Carrots
 - Assorted Chilled Fruit
 - Fresh Whole Fruit

5

- Main Entrees**
- Boneless Buffalo Chicken Wings
 - Fresh Celery Sticks
 - Oven Baked Fries
 - Fat Free Ranch Dressing
 - Whole Grain Dinner Roll
- Crust & Stuff**
- Classic Pepperoni Pizza
 - Meatball Pizza
 - Baked Mozzarella Cheese Sticks
 - Marinara Sauce
- Grill**
- Spicy Chicken Sandwich
 - Crispy Chicken Patty Sandwich
 - Hot Ham & Cheese on Pretzel Bun
 - Oven Baked Fries
- Extra Extra**
- Assorted Fresh Vegetables
 - Fresh Broccoli Florets
 - Assorted Chilled Fruit
 - Fresh Whole Fruit

6

- Main Entrees**
- Toasted Triple Cheese
 - Toasted Ham and Cheese
 - Campbell's Tomato Soup
 - Rainbow Veggie Medley
 - WG Mini Saltines
- Crust & Stuff**
- Classic Pepperoni Pizza
 - Italian Sausage Pizza
 - Deep Dish Cheese Pizza
 - Marinara Sauce
- Grill**
- Spicy Chicken Sandwich
 - Crispy Chicken Patty Sandwich
 - Turkey and Swiss Flatbread Fold
 - Oven Baked Fries
- Extra Extra**
- Spinach and Cranberry Salad
 - Fresh Baby Carrots
 - Assorted Fruit Juice
 - Assorted Chilled Fruit
 - Fresh Whole Fruit

7

- Main Entrees**
- Classic American Burger
 - American Cheese
 - Provolone Cheese
 - Pepper Jack Cheese
 - Bacon
 - Fresh Sautéed Onions
 - Sautéed Mushrooms
 - Green Leaf Lettuce
 - Sliced Tomatoes
 - Fresh Sliced Red Onions
 - Pickles
 - Oven Baked Potato Wedges
 - Buffalo Ranch Sauce
 - Homemade Honey Barbecue Sauce
- Crust & Stuff**
- Classic Pepperoni Pizza
 - Hawaiian Pizza
 - Cheese Stuffed Breadsticks
 - Marinara Sauce
- Grill**
- Spicy Chicken Sandwich
 - Crispy Chicken Patty Sandwich
 - Austin Steak Twister Wrap
 - Oven Baked Fries
- Extra Extra**
- Fiesta Corn and Black Bean Salad
 - Fresh Celery Sticks
 - Assorted Chilled Fruit
 - Fresh Whole Fruit

8

- Main Entrees**
- General Tso's Chicken
 - Steamed Brown Rice
 - Seasoned Broccoli
 - Seasoned Carrots
 - Crunchy Asian Topping
 - Cookies, Fortune
- Crust & Stuff**
- Classic Pepperoni Pizza
 - Garlic Chicken Pizza
 - Chicken Pizza Quesadilla
 - Marinara Sauce
- Grill**
- Spicy Chicken Sandwich
 - Crispy Chicken Patty Sandwich
 - Chicken Tenders
 - Fresh Baked Whole Grain Biscuit
 - Oven Baked Fries
- Extra Extra**
- Spinach and Cranberry Salad
 - Sliced Cucumbers
 - Assorted Fruit Juice
 - Assorted Chilled Fruit
 - Fresh Whole Fruit

9

- Main Entrees**
- Meatballs in Zesty Marinara
 - Marinara Sauce
 - Marinara Sauce
 - Seasoned Rotini Pasta
 - Seasoned Broccoli
 - Whole Grain Garlic Twist
 - Salsa
 - Sour Cream
 - Sliced Jalapenos
 - Sliced Black Olives
- Crust & Stuff**
- Classic Pepperoni Pizza
 - Philly Cheese Steak Pizza
 - Deep Dish Cheese Pizza
 - Marinara Sauce
- Grill**
- Spicy Chicken Sandwich
 - Crispy Chicken Patty Sandwich
 - Jalapeno Cheese Burger
 - Oven Baked Fries
- Extra Extra**
- Assorted Fresh Vegetables
 - Fresh Baby Carrots
 - Assorted Chilled Fruit
 - Fresh Whole Fruit

10

Main Entrees

- Whole Grain Chicken Nuggets
- Seasoned Waffle Fries
- Seasoned Broccoli with Cheese Sauce
- Whole Grain Herb Breadstick

Crust & Stuff

- Classic Pepperoni Pizza
- Philly Cheese Steak Pizza
- Cheese Stuffed Breadsticks
- Marinara Sauce

Grill

- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Chicken Bacon Cheddar Melt
- Oven Baked Fries

Extra Extra

- Assorted Fresh Vegetables
- Fresh Baby Carrots
- Assorted Chilled Fruit
- Fresh Whole Fruit

11

Main Entrees

- Soft Beef Whole Grain Tacos
- Chicken Taco Supreme
- Lettuce, Tomato and Cheddar Garnish
- Salsa
- Low Fat Sour Cream
- Mexicali Corn

Crust & Stuff

- Classic Pepperoni Pizza
- Classic Cheese Pizza
- Deep Dish Cheese Pizza
- Marinara Sauce

Grill

- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Whole Grain Chicken Nuggets
- Whole Grain Dinner Roll
- Oven Baked Fries

Extra Extra

- Sweet Corn Salad w/ Ranch Dressing
- Fresh Baby Carrots
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

12

Main Entrees

- Mashed Potato & Chicken Bowl
- Seasoned Corn
- Whole Grain Dinner Roll

Crust & Stuff

- Classic Pepperoni Pizza
- Cheese Pizza Pocket
- Cheese Stuffed Breadstick
- Marinara Sauce

Grill

- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Buffalo Chicken Flatbread Fold
- Oven Baked Fries

Extra Extra

- Garbanzo Beans
- Fresh Celery Sticks
- Assorted Chilled Fruit
- Fresh Whole Fruit

13

Main Entrees

- Orange Glazed Chicken
- Whole Grain Lo Mein Noodles
- Mixed Vegetable Medley
- Crunchy Asian Topping

Crust & Stuff

- Classic Pepperoni Pizza
- Crispy Chicken Parmesan Pizza
- Cheese Pizza Quesadilla
- Marinara Sauce

Grill

- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Hot Ham & Cheese on Pretzel Bun
- Oven Baked Fries

Extra Extra

- Sweet Corn Salad w/ Ranch Dressing
- Sliced Cucumbers
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

14

Main Entrees

- Italian Sausage Parmesan
- Fresh Sautéed Peppers & Onions
- Marinara Sauce
- Oven Baked Potato Wedges
- Whole Grain Hoagie

Crust & Stuff

- Classic Pepperoni Pizza
- Jalapeno Carnita Pizza
- Cheese Stuffed Breadsticks
- Marinara Sauce

Grill

- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Bacon Cheeseburger
- Oven Baked Fries

Extra Extra

- Assorted Fresh Vegetables
- Fresh Baby Carrots
- Assorted Chilled Fruit
- Fresh Whole Fruit

15

Main Entrees

- Chicken Parmesan
- Whole Grain Rotini
- Marinara Sauce
- Savory Green Beans

Crust & Stuff

- Classic Pepperoni Pizza
- Meatball Pizza
- Baked Mozzarella Cheese Sticks
- Marinara Sauce

Grill

- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Toasted Patty Melt on Whole Grain
- Oven Baked Fries

Extra Extra

- Assorted Fresh Vegetables
- Fresh Broccoli Florets
- Assorted Chilled Fruit
- Fresh Whole Fruit

16

Main Entrees

- Macaroni and Cheese
- Diced Ham
- Chopped Bacon Garnish
- Seasoned Peas
- Seasoned Broccoli
- Fresh Baked Whole Grain Biscuit

Crust & Stuff

- Classic Pepperoni Pizza
- Spinach Ricotta Pizza
- Deep Dish Cheese Pizza
- Marinara Sauce

Grill

- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Chicken Tenders
- Whole Grain Dinner Roll
- Oven Baked Fries

Extra Extra

- Sweet Corn Salad w/ Ranch Dressing
- Fresh Baby Carrots
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

17

Main Entrees

- Mashed Potato & Chicken Bowl
- Seasoned Corn
- Whole Grain Dinner Roll

Crust & Stuff

- Classic Pepperoni Pizza
- Cheese Pizza Pocket
- Cheese Stuffed Breadsticks
- Marinara Sauce

Grill

- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Buffalo Chicken Flatbread Fold
- Oven Baked Fries

Extra Extra

- Garbanzo Beans
- Fresh Celery Sticks
- Assorted Chilled Fruit
- Fresh Whole Fruit

18

Main Entrees

- Oven Baked Potato Wedges
- Chicken Taco Meat
- Home-style Beef and Bean Chili
- Chopped Bacon Garnish
- Creamy Cheddar Cheese Sauce
- Low Fat Sour Cream
- Salsa
- Low Fat Sour Cream
- Whole Grain Dinner Roll

Crust & Stuff

- Classic Pepperoni Pizza
- Crispy Chicken Parmesan Pizza
- Cheese Pizza Quesadilla
- Marinara Sauce

Grill

- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Toasty Cheese Sandwich
- Oven Baked Fries

Extra Extra

- Sweet Corn Salad w/ Ranch Dressing
- Sliced Cucumbers
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit

19

Main Entrees

- Whole Grain Chicken Nuggets
- Seasoned Waffle Fries
- Seasoned Broccoli with Cheese Sauce
- Whole Grain Herb Breadstick

Crust & Stuff

- Classic Pepperoni Pizza
- Philly Cheese Steak Pizza
- Cheese Stuffed Breadsticks
- Marinara Sauce

Grill

- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Chicken Bacon Cheddar Melt
- Oven Baked Fries

Extra Extra

- Assorted Fresh Vegetables
- Fresh Baby Carrots
- Assorted Chilled Fruit
- Fresh Whole Fruit

20

Main Entrees

- Boneless Buffalo Chicken Wings
- Fresh Celery Sticks
- Oven Baked Fries
- Fat Free Ranch Dressing
- Whole Grain Dinner Roll

Crust & Stuff

- Classic Pepperoni Pizza
- Aloha Pizza
- Baked Mozzarella Cheese Sticks
- Marinara Sauce

Grill

- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- BBQ Beef Riblet Sandwich
- Oven Baked Fries

Extra Extra

- Vegetable Pasta Salad
- Assorted Fresh Vegetables
- Assorted Chilled Fruit
- Fresh Whole Fruit

21

Main Entrees

- Caribbean Baked Chicken
- Steamed Brown Rice
- Orange Glazed Carrots
- Seasoned Broccoli

Crust & Stuff

- Classic Pepperoni Pizza
- Italian Sausage Pizza
- Deep Dish Cheese Pizza
- Marinara Sauce

Grill

- Spicy Chicken Sandwich
- Crispy Chicken Patty Sandwich
- Hot Ham & Cheese on Pretzel Bun
- Oven Baked Fries

Extra Extra

- Spinach and Cranberry Salad
- Assorted Fresh Vegetables
- Assorted Fruit Juice
- Assorted Chilled Fruit
- Fresh Whole Fruit