

	All Meals as listed		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Sept. 7 – 11 Sept. 21 – 25 October 5 – 9 October 19 – 23 November 2 – 6 Nov. 16 – 20 Nov 30 – Dec 4 December 14 – 18 January 11 – 15 January 25 – 29 February 8 – 12 February 22 – 26 March 7 – 11	Middle & High School Meal	WW Spaghetti and Home Made Meat Sauce served with Caesar Salad, Garlic Breadstick and White Milk \$5.50	Sweet and Sour Chicken Served with Rice, Corn and White Milk \$5.50	Pasta Mexicano. Served with a Side Caesar Salad, Breadstick and White Milk \$5.50	Hot Diced Chicken on a WW Bun. Served with Whipped Potato, Hot Vegetable and White Milk \$5.50	Homemade Lasagna served with Caesar Salad, WW Roll and White Milk \$5.50
		Elementary Meal	Chicken Snack Wrap Served with a Freshly Made Fruit cup and Milk \$4.50	Breaded Chicken Nuggets with Choice of Dip and Served with Baked Potato Wedges or Brown Rice and Milk \$4.50	BBQ Chicken Pizza slice Served with Carrots and Dip and a Low Fat Cookie and Milk \$4.50	Oven Baked Breaded Chicken Burger served with Carrot sticks and Ranch Dip and Milk \$4.50	Caesar Salad Served with a Half of a Garlic Round with Dip and Milk \$4.50
Week 2	Sept. 14 – 18 Sept. 28 – Oct 2 October 12 – 16 October 26 – 30 November 9 – 13 Nov. 23 – 27 December 7 – 11 January 4 – 8 January 18 – 22 February 1 – 5 February 15 – 19 Feb 29 - March 4 March 14 – 18	Middle & High School Meal	WW Spaghetti and Meatballs served with Caesar Salad and Garlic Breadstick and White Milk \$5.50	Chicken Quesadilla Served with Mexican Rice Pilaf and a Side of Fruit and White Milk \$5.00	Hot Hamburger served with Local Whipped potatoes and Hot Vegetables and White Milk \$5.50	Home Made Macaroni and Cheese Served with Caesar Salad and a Garlic Breadstick and White Milk \$5.50	Home Made Zesty Chili Con Carne Served with Side Salad, Flat Bread and White Milk \$5.50
		Elementary Meal	Grilled Cheese Sandwich on WW Bread. Served with Home Made Chicken Noodle Soup and Milk \$4.50	Breaded Chicken Nuggets with Choice of Dip and Served with Baked Potato Wedges and Milk \$4.50	3 Cheese Pizza slice served with Caesar Salad and a Low Fat Cookie and Milk \$4.50	Lean Hamburger on a WW Bun. Served with Baked Potato Wedges OR Mashed Potato and Milk \$4.50	Caesar Salad Served with a Half of a Garlic Round with Dip and Milk \$4.50

Pre Made Sandwiches:

Egg Salad Sandwich	\$3.00
Chicken Salad Sandwich	\$3.25
Ham & Cheese Sandwich	\$3.25 bv
6" Subs	\$3.50-\$4.25
Chicken Snack Wrap	\$2.75

Drinks:

White Milk	\$0.40/\$0.80
Chocolate Milk	\$1.75/\$2.75
Chocolate Milk 125ml	\$1.00
Can Juice 100%	\$1.75
Box Juice	\$1.25
500ml/591ml Water	\$1.50/\$2.00
Tropicana Juice 355ml	\$2.75

Salads Small:

Caesar Salad	\$3.00
Garden Salad	\$3.00
Pasta Salad Deluxe	\$3.00
Made to Order Salads	\$3.50-\$5.50

Hot Items Daily:

Home Made Soup/day	\$2.75
Pizza Slice (Cut in 8)	\$3.00
2oz Hamburger WW bun	\$3.00
Mashed/Baked Potato/Rice	\$1.50

Twice a week assortment:

Turkey Pepperoni Calzone	\$4.50
Pizza Pocket	\$2.75
Chicken Parmesan Wrap	\$4.25
Chicken Burger /WW Bun	\$3.75
3oz Chicken Fingers w/Dip	\$3.75
Small Baked Fries/Wedges	\$2.25
Grilled Cheese Panini	\$4.00

Snacks:

Carrot sticks w. Dip	\$1.25
Fruit Kebob	\$2.00
Fruit Cup	\$1.50/\$2.95
Yogurt and Berries Parfait	\$1.50/\$2.95
Low Fat Cookie 1oz	\$0.60
WW Breadsticks	\$1.30
WW Cinnamon Breadstick	\$1.30
WW Pizza Breadstick	\$1.50
Freshly Baked Pizza Rolls	\$1.50
Reduced Fat Banana Loaf	\$1.00
Low Fat Muffins	\$1.00/\$1.30
Rice Krispie Square 2"x2"	\$0.80
Cinnamon Bun	\$1.30