Site:





WGR = Whole Grain Rich

Monday	Tuesday	Wednesday	Thursday	Friday
All dinners are served with 8oz of either skim flavored milk or 1% unflavored milk	Back-Up Meal Chicken Nuggets Mashed Potatoes Corn	2oz Chicken Quesadilla 1oz WGR Tortilla 1/2C Corn & Black Beans 1/4C Fruit Mix Sour Cream	WGR Chicken Corn Dog 1/2C Baked Beans Fresh Fruit	Hot Turkey & Cheese Sandwich 2oz Turkey 0.5oz Provolone Cheese WGR Sandwich Bun 1/2C Tater Tots Fresh Fruit
2oz Sweet & Sour Chicken 1/2C Brown Rice 1/2C Brown Sugar Carrots 1/4C Pineapple	WGR Pizza (1 Slice) 1/2C Green Beans Fresh Fruit	Steak Fajitas 2oz Steak 1/4C Grilled Peppers & Onions 1/2C Lettuce 1/4C Salsa 1/4C Refried Beans WGR Tortilla (2) 1/4C Shredded Cheese Sour Cream	2oz BBQ Chicken WGR Sandwich Bun 1/2C Sweet Potato Fries Fresh Fruit	2 20z Beef Hot Dog WGR Hot Dog Bun 1/2C Fries Fresh Fruit
2oz Chicken Teriyaki 1/2C Stir Fry Vegetables WGR Pita 1/4C Mandarin Oranges	Walking Taco 2oz Taco Meat 1oz WGR Tortilla Chips 1/4C Salsa 1/2C Lettuce Sour Cream Fresh Fruit	15 1oz Turkey Sausages Patties (2) WGR Pancakes (2) 1/2C Homefries 1/4C Applesauce Syrup	2oz Salisbury Steak & Gravy WGR Biscuit 1/2C Mashed Potatoes Fresh Fruit	2oz Meatballs & Sauce 1C WGR Pasta 1/4C Sauce 1C Tossed Salad WGR Breadstick
20 2oz Chicken Quesadilla 1oz WGR Tortilla 1/2C Corn & Black Beans 1/4C Fruit Mix Sour Cream	WGR Chicken Corn Dog 1/2C Baked Beans Fresh Fruit	Hot Turkey & Cheese Sandwich 2oz Turkey 0.5oz Provolone Cheese WGR Sandwich Bun 1/2C Tater Tots Fresh Fruit	Picnic 2oz BBQ Beef Rib Mini Corn on the Cob 1/4C Potato Salad Watermelon Wedge Corn Muffin	20z Sweet & Sour Chicken 1/2C Brown Rice 1/2C Brown Sugar Carrots 1/4C Pineapple
Memorial Day	20z BBQ Chicken WGR Sandwich Bun 1/2C Sweet Potato Fries Fresh Fruit	29 2oz Beef Hot Dog WGR Hot Dog Bun 1/2C Fries Fresh Fruit	6oz Mac & Cheese 1/2C Peas 1/4C Pears WGR Dinner Roll	2oz Chicken Teriyaki 1/2C Stir Fry Vegetables WGR Pita 1/4C Mandarin Oranges