



January 2021 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Age appropriate milk must be served with lunch	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider			1 CLOSED FOR NEW YEARS DAY
4 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	5 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	6 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	7 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	8 (V) Lasagna Tossed salad Fresh fruit
11 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	12 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	13 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	14 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	15 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
18 CLOSED FOR MLK JR DAY	19 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	20 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	21 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	22 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
25 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	26 (V) Whole grain pizza* Garden salad Fresh fruit	27 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit	28 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	29 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



February 2021 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	2 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	3 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	4 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	5 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
8 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	9 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	10 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	11 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	12 (V) Lasagna Tossed salad Fresh fruit
15 CLOSED FOR PRESIDENTS DAY	16 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	17 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	18 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	19 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit
22 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	23 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	24 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	25 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	26 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<i>Age appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>			

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



March 2021 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	2 (V) Whole grain pizza* Garden salad Fresh fruit	3 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	4 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	5 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
8 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	9 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	10 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	11 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	12 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
15 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	16 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	17 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	18 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	19 (V) Lasagna Tossed salad Fresh fruit
22 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	23 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	24 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	25 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	26 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
29 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	30 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	31 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<i>Age appropriate milk must be served with lunch</i>	

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan

Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider



April 2021 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>		1 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	2 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
5 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	6 (V) Whole grain pizza* Garden salad Fresh fruit	7 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit	8 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	9 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
12 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	13 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	14 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	15 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	16 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
19 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	20 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	21 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	22 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	23 (V) Lasagna Tossed salad Fresh fruit
26 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	27 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	28 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	29 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	30 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit

(V) Vegetarian meal
#Gluten free

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^Vegan



May 2021 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	4 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	5 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	6 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	7 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
10 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	11 (V) Whole grain pizza* Garden salad Fresh fruit	12 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	13 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	14 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
17 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	18 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	19 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	20 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	21 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
24 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	25 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	26 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	27 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	28 (V) Lasagna Tossed salad Fresh fruit
31 CLOSED FOR MEMORIAL DAY			<i>Age appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
 #Gluten free

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 ^Vegan



June 2021 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	2 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	3 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	4 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit
7 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	8 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	9 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	10 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	11 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
14 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	15 (V) Whole grain pizza* Garden salad Fresh fruit	16 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit	17 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	18 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
21 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	22 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	23 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	24 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	25 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
28 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	29 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	30 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<i>Age appropriate milk must be served with lunch</i>	
				<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
#Gluten free

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^Vegan



July 2021 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Age appropriate milk must be served with lunch	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider		1 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	2 (V) Lasagna Tossed salad Fresh fruit
5 CLOSED FOR INDEPENDENCE DAY	6 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	7 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	8 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	9 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit
12 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	13 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	14 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	15 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	16 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
19 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	20 (V) Whole grain pizza* Garden salad Fresh fruit	21 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	22 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	23 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
26 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	27 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	28 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	29 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	30 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



August 2021 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	3 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	4 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	5 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	6 (V) Lasagna Tossed salad Fresh fruit
9 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	10 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	11 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	12 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	13 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
16 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	17 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	18 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	19 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	20 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
23 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	24 (V) Whole grain pizza* Garden salad Fresh fruit	25 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit	26 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	27 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
30 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	31 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit		<i>Age appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
 #Gluten free

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 ^Vegan



September 2021 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Age appropriate milk must be served with lunch	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider	1 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	2 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	3 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
6 CLOSED FOR LABOR DAY	7 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	8 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	9 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	10 (V) Lasagna Tossed salad Fresh fruit
13 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	14 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	15 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	16 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	17 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
20 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	21 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	22 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	23 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	24 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
27 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	28 (V) Whole grain pizza* Garden salad Fresh fruit	29 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	30 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan