



FEATURE OF THE MONTH



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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<p><b>3</b></p> <p>Breakfast: Honey Graham Toasters Bowl 1oz, String Cheese, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p><b>4</b></p> <p>Breakfast: WG Muffin, Colby Jack Stick, fresh fruit</p> <p>Lunch: Chicken Quesadilla, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p><b>5</b></p> <p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter &amp; Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter &amp; Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies</p>	<p><b>6</b></p> <p>Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Beyond Spaghetti, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p><b>7</b></p> <p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: Cajun Chicken &amp; Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: Cajun Red Beans &amp; Rice, fresh fruit, and veggies</p>
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<p><b>10</b></p> <p>Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit</p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Pasta Alfredo, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p><b>11</b></p> <p>Breakfast: Colby Jack Stick, WG Muffin, fresh fruit</p> <p>Lunch: Burrito Bowl, fresh fruit, and veggies</p> <p>Alt. Lunch: Vegan Burrito Bowl, fresh fruit, and veggies</p>	<p><b>12</b></p> <p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter &amp; Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter &amp; Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies</p>	<p><b>13</b></p> <p>Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Macaroni and Cheese, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p><b>14</b></p> <p>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: Curry Chicken &amp; Quinoa, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>
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<p><b>17</b></p> <p>Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit</p> <p>Lunch: Corn Dog Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: Curry Chickpeas &amp; Quinoa, fresh fruit, and veggies</p>	<p><b>18</b></p> <p>Breakfast: WG Muffin, Colby Jack Stick, fresh fruit</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Macaroni and Cheese, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p><b>19</b></p> <p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter &amp; Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter &amp; Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies</p>	<p><b>20</b></p> <p>Breakfast: Frosted Flakes Cereal Bowl - 1oz, String Cheese, fresh fruit</p> <p>Lunch: Chicken Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Pasta Alfredo, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p><b>21</b></p> <p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Teriyaki Black Bean &amp; Rice, fresh fruit, and veggies</p>
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<p><b>24</b></p> <p>Breakfast: String Cheese, Honey Graham Toasters Bowl 1oz, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Beyond Spaghetti, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p><b>25</b></p> <p>Breakfast: WG Muffin, Colby Jack Stick, fresh fruit</p> <p>Lunch: (GF, DF) Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p><b>26</b></p> <p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter &amp; Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter &amp; Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies</p>	<p><b>27</b></p> <p>Breakfast: String Cheese, Frosted Flakes Cereal Bowl - 1oz, fresh fruit</p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Mozzarella Pasta Bake, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p><b>28</b></p> <p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: Biscuits and Gravy, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>
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DF - Dairy Free      GF - Gluten Free      V - Vegetarian      ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES

This institution is an equal opportunity provider.      ALL MEALS ARE SERVED WITH A VARIETY OF MILK