



Weekly Menu #1

Day	Lunch
Monday	Black Eyed Peas, Slaw, Cornbread, Fruit, Milk
Tuesday	Stew Beef, Rice, Peas, Fruit, Milk
Wednesday	Whole Wheat Turkey Pita, Lettuce, Tomato, Green Beans, Fruit, Milk
**Thursday	White Beans, Greens, Fruit, Corn Bread, Milk
Friday	Spaghetti w/Ground Beef, Corn, Garlic Bread, Salad/Fruit, Milk

◆Thursdays are reserved as Manager's choice days. Menu is subject to change!

Weekly Menu #2

Day	Lunch
Monday	Ham, Sweet Potatoes, Green Beans, Whole Wheat Roll, Milk
Tuesday	Chicken & Whole Wheat Noodles, Okra & Tomatoes, Fruit, Milk
Wednesday	Ground Turkey-n-Beans, Corn, Fruit Cocktail, Whole Wheat Roll, Milk
**Thursday	Tuna Salad on Whole Wheat Bread, Cooked Carrots, Orange Wedges, Milk
Friday	Rainbow Bake w/Kidney Beans, Mixed Vegetables & Whole Wheat Noodles, Peaches, Milk

◆ Thursdays are reserved as Manager's choice days. Menu is subject to change.

Weekly Menu #3

Day	Lunch
Monday	Whole Wheat Turkey Pita, Lettuce, Creamed Corn, Fruit, Milk
Tuesday	Grilled Cheese Sandwich on Whole Wheat Bread, Homemade Vegetable Soup, Pears, Milk
Wednesday	Salisbury Steak, Mashed Potatoes, Cooked Carrots, Whole Wheat Roll, Milk
**Thursday	Chicken & Brown Rice, Green Beans, Apple Rings, Milk
Friday	Black Bean Slider on Whole Wheat Bun, Red Taters, Pears, Milk

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Weekly Menu #4

Day	Lunch
Monday	Chicken Strips, Green Beans, Grapefruit, Whole Wheat Roll, Milk
Tuesday	Stew Beef, Brown Rice, Mixed Vegetables, Peaches, Milk
Wednesday	Tuna Salad Sandwich on Whole Wheat Bread, Peas, Mandarin Oranges/Pineapple, Milk
**Thursday	Ground Turkey Stroganoff, Okra, Tomatoes, Applesauce, Milk
Friday	Pintos, Corn Bread, Cabbage, Fruit Cocktail, Milk

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Weekly Menu #5

Day	Lunch
Monday	Macaroni & Cheese, Stewed Tomatoes, Green Beans, Milk
Tuesday	Cheese Quesadilla, Beets, Apricots, Milk
Wednesday	Chicken Salad on Fresh Spinach, Mandarin Oranges, Whole Wheat Crackers, Milk
**Thursday	Black Bean Slider on Whole Wheat Bun, Red Potatoes, Peas, Milk
Friday	Crowder Peas, Cooked Cabbage, Corn Bread, Fruit, Milk

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Weekly Menu #6

Day	Lunch
Monday	BBQ Chicken on Whole Wheat Bun, Potato Medley, Apple Rings, Milk
Tuesday	Whole Grain Pizza w/Extra Cheese, Corn on Cob, Salad or Fruit, Milk
Wednesday	Cheeseburger Slider on Whole Wheat Bread, Sweet Potatoes French Fries, Pears, Milk
**Thursday	Turkey and Cheese Wrap, Broccoli, Slaw, Fruit, Milk
Friday	Turkey & Brown Rice Pilaf, California Blend Vegetables, Peaches, Milk

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Weekly Menu #7

Day	Lunch
Monday	Pintos, Corn Bread, Cabbage, Fruit Cocktail, Milk
Tuesday	Baked Fish, Slaw, Succotash, Whole Wheat Roll, Milk
Wednesday	Soft-shell taco w/Black Bean, Corn & Cheese, Lettuce, Tomato, Peaches, Milk
**Thursday	Chicken & Whole Wheat Noodles, Peas, Carrots, Whole Wheat Roll, Milk
Friday	White Beans, Greens, Fruit, Corn Bread, Milk

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Weekly Menu #8

Day	Lunch
Monday	Vegetable Tuna Melt on Whole Wheat Bread, French Style Green Beans, Milk
Tuesday	Chicken Salad on Fresh Spinach, Whole Wheat Crackers, Mandarin Oranges, Milk
Wednesday	Ham/Turkey Bacon Sub on Whole Wheat, Corn on Cob, Cooked Apples, Milk
**Thursday	Baked Fish, Slaw, Apricots, Whole Wheat Roll, Milk
Friday	Ziti w/Ground Turkey, Salad, Corn, Garlic Bread, Apricots, Milk

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