Lunch
MENU
WEEK: 5

SEPTEMBER
Sep 8th - Sep 11th

Grade
K-8

COLD ENTREES

Pick Your Protein Salad
Freshly cut romaine lettuce topped with carrots, grape tomatoes and shredded cheddar cheese. Served with a ranch cup and a dinner roll. Comes with a pick your protein choice below.

Pick Your Protein Choices
Chef (Turkey or Ham)
Hard Boiled Egg
Crispy Chicken

Turkey & Cheese Sub
Sliced deli turkey and cheddar cheese layered on a whole grain sub roll. Served with a mayonnaise packet.

Peanut Butter & Jelly
Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

Tootie Fruitie
A delicious gluten free box containing fresh fruit, string cheese, Go-Gurt, fresh carrots and a gluten free cereal box. It is served with a ranch packet.

HOT ENTREES

Pepperoni Pull Apart Pizza
Pepperoni pizza breadsticks are made with a whole grain dough with a pepperoni pizza topping. The breadsticks have a light and chewy taste and homemade pizzeria flavor.

Chicken Tenders with Roll
Whole grain breaded boneless skinless chicken breast baked to perfection and served with a roll and a BBQ cup.

Sloppy Joe
Seasoned ground beef in a savory tomato-based sauce served on a soft whole grain bun.

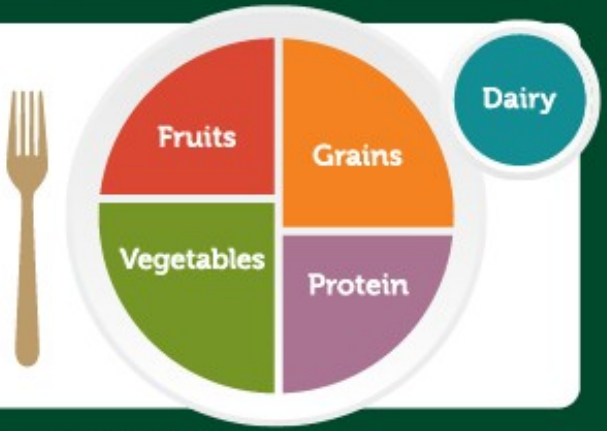
Macaroni & Cheese
Whole grain elbow pasta mixed with homemade cheese sauce and topped with breadcrumbs and spices. Then baked until gooey.

WHAT MAKES A COMPLETE MEAL:

A food item is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal.

P PROTEIN G GRAIN V VEGETABLES F FRUIT D DAIRY

- **Choose 3-5 items (one must be a FRUIT or VEGGIE):**
- **Up to 2 FRUIT and/or VEGETABLES every day**
- **1% white MILK or non-fat chocolate MILK**



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Lunch
MENU
WEEK: 6

SEPTEMBER
Sep 14th - Sep 18th

Grade
K-8

COLD ENTREESSe

Pick Your Protein Salad
Freshly cut romaine lettuce topped with carrots, grape tomatoes and shredded cheddar cheese. Served with a ranch cup and a dinner roll. Comes with a pick your protein choice below.

Pick Your Protein Choices
Chef (Turkey or Ham)
Hard Boiled Egg
Crispy Chicken

Buffalo Chicken Wrap
Sliced chicken tenders dipped in Buffalo sauce and shredded cheddar wrapped in a whole grain tortilla.

Peanut Butter & Jelly
Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

Tootie Fruitie
A delicious gluten free box containing fresh fruit, string cheese, Go-Gurt, fresh carrots and a gluten free cereal box. It is served with a ranch packet.

HOT ENTREES

Cheese Pizza
Big Daddy's cheese pizza baked till golden brown.

Boneless Wings with Roll
Artisan whole grain breaded whole muscle boneless chicken wings covered with buffalo wing sauce and served with a dinner roll and a ranch cup.

Buffaburger
A seasoned 100% beef patty served on a whole grain bun and served with ketchup.

Macho Nacho
Ground Beef seasoned with taco seasoning and served with Nachos, homemade Queso sauce and taco sauce.

WHAT MAKES A COMPLETE MEAL:

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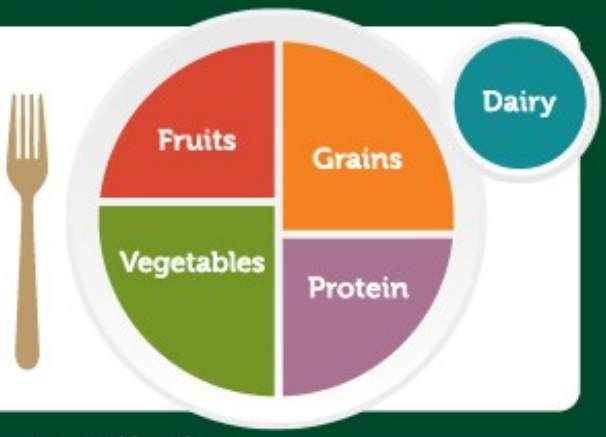

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Lunch
MENU
WEEK: 7

SEPTEMBER
Sep 21st - Sep 25th

Grade
K-8

COLD ENTREES

Pick Your Protein Salad
Freshly cut romaine lettuce topped with carrots, grape tomatoes and shredded cheddar cheese. Served with a ranch cup and a dinner roll. Comes with a pick your protein choice below.

Pick Your Protein Choices
Chef (Turkey or Ham)
Hard Boiled Egg
Crispy Chicken

Ham & Cheese Club
Sliced deli ham and cheddar cheese layered on a whole grain sub roll. Served with a mayonnaise packet.

Peanut Butter & Jelly
Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

Tootie Fruitie
A delicious gluten free box containing fresh fruit, string cheese, Go-Gurt, fresh carrots and a gluten free cereal box. It is served with a ranch packet.

HOT ENTREES

Detroit Style Pizza
Thick, crispy-edged pizza with fluffy crust, melted mozzarella, and rich pizza sauce. Topped with pepperoni.

Chicken Tenders with Roll
Whole grain breaded boneless skinless chicken breast baked to perfection and served with a roll and a BBQ cup.

Spicy Chicken Quesadilla
Diced Spicy crispy chicken with cheddar and mozzarella cheese folded in a whole grain tortilla and pressed till gooey and golden. Served with a ranch cup.

Breakfast Sandwich
A fried egg served on a warm fluffy biscuit topped with cheddar cheese.

WHAT MAKES A COMPLETE MEAL:

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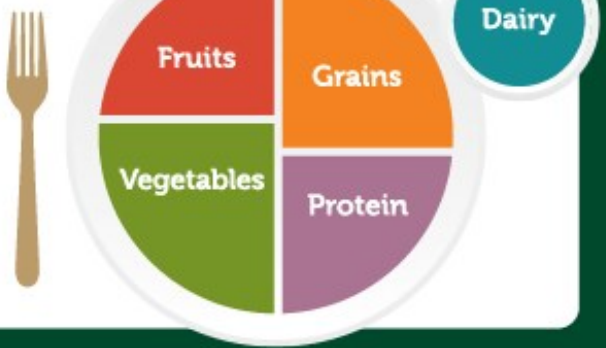

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Lunch
MENU
WEEK: 8

SEPTEMBER
Sep 28th - Oct 2nd

Grade
K-8

COLD ENTREES

Pick Your Protein Salad
Freshly cut romaine lettuce topped with carrots, grape tomatoes and shredded cheddar cheese. Served with a ranch cup and a dinner roll. Comes with a pick your protein choice below.

Pick Your Protein Choices
Chef (Turkey or Ham)
Hard Boiled Egg
Crispy Chicken

Chicken Tender Sub
Chicken tenders and provolone cheese stuffed into a whole grain sub roll. Served with a mayo packet.

Peanut Butter & Jelly
Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

Tootie Fruitie
A delicious gluten free box containing fresh fruit, string cheese, Go-Gurt, fresh carrots and a gluten free cereal box. It is served with a ranch packet.

HOT ENTREES

Cheese Pizza
Big Daddy's cheese pizza baked till golden brown.

Chicken Croissant Club
A crispy chicken patty served on a croissant topped with bacon and provolone. Served with mayo.

Grilled Cheese
A homemade grilled cheese sandwich with whole grain bread and cheddar cheese.

Baked Ziti
Homemade whole grain ziti noodles mixed with homemade tomato sauce, ground beef and mozzarella cheese then baked to perfection.

WHAT MAKES A COMPLETE MEAL:

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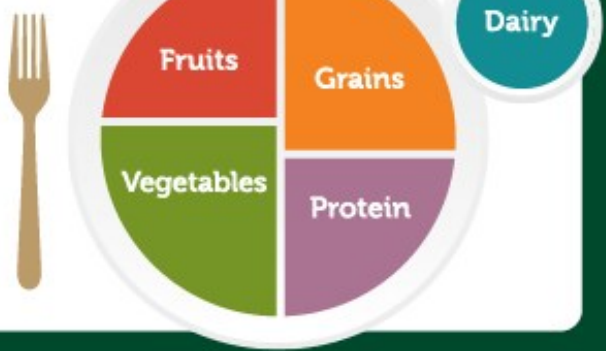

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