

Made-from-scratch, wholesome meals

Produce fresh from local, organic farms where possible

Meets and exceeds USDA School Meal requirements

Meals crafted by true chefs & nutrition experts



FRESH
FOOD
FACTOR

Lunch Menu

■ K-8

Choice of 1% Milk or Non Fat
Chocolate Milk Served Daily
With All Lunches

	1 Spaghetti and Meatballs, Steamed Broccoli, Garlic Bread Stick, Fresh Fruit	2 Salisbury Steak with Brown Rice and Gravy, Green Beans, Mixed Salad with Carrots, Italian Dressing, Fresh Fruit	3 Turkey Nachos – Tortilla Chips, Cheese, Lettuce, Seasoned Corn and Salsa, Fresh Fruit	4 Pepperoni Pizza, Romaine Lettuce w/ Shredded Carrots, Italian Dressing, Fresh Fruit
7 White Beans w/ Smoked Turkey Sausage and Rice, Seasoned Green Beans, Biscuit, Fresh Fruit	8 Frito Pie – Chili, Cheese, Lettuce, Corn, Sour Cream, Frito Chips, Fresh Fruit	9 Oven Fried Chicken Tater Tots, Ketchup, Steamed Broccoli, WG Biscuit Fresh Fruit	10 Turkey Tacos – Soft Tortilla, Cheese, Lettuce, Seasoned Corn and Salsa, Fresh Fruit	11 Hot Dog with Chili, Oven Baked Fries, Ketchup, Mustard, Fresh Fruit
14 Meatball Marinara on Ciabatta Bread, Seasoned Corn, Fresh Fruit	15 Gumbo w/Chicken and Smoked Turkey Sausage, Brown Rice, Wheat Crackers, Mixed Salad w/ Diced Tomatoes, Italian Dressing, Fresh Fruit	16 BBQ Chicken Thigh, Mac and Cheese, BBQ Baked Beans, Seasoned Green Beans, Fresh Fruit	17 Spaghetti and Meat Sauce, Steamed Broccoli, Garlic Bread Stick, Fresh Fruit	18 Chicken Tenders, Potato Wedges w/ Ketchup, Baby Carrots w/ Ranch Dressing, Fresh Fruit
21 Red Beans and Rice, Cornbread, Baby Carrots w/ Ranch Dressing, Fresh Fruit	22 Hamburger w/French Fries, Lettuce, Tomato and Pickle, Ketchup, Mayo, Fresh Fruit	23 Herb Roasted Chicken, w/ Rice and Gravy, Seasoned Peas, Biscuit, Mixed Salad w/ Carrots and Italian Dressing, Fresh Fruit	24 Lasagna, layered Pasta and Cheese w/ Meat Sauce, / Seasoned Green Beans, Breakstick, Fresh Fruit	25 Cheese Pizza, Romaine Lettuce w/ Shredded Carrots, Italian Dressing, , Fresh Fruit
28 White Beans w/ Smoked Turkey Sausage and Rice, Seasoned Green Beans, Biscuit, Fresh Fruit	29 Cheeseburger w/French Fries, Lettuce, Tomato and Pickle, Ketchup, Mayo, Fresh Fruit	30 Chicken Tenders, Potato Wedges w/ Ketchup, Baby Carrots w/ Ranch Dressing, Fresh Fruit	<i>There are no Pork Products within this Menu unless stated</i>	Fresh Fruit Served Daily With All Lunches