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| MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **27 Pasta Day!**  **Penne & Meatballs**  **400 cal,30g fat 40g carbs, 20g protien** | **28 Taco Day!**  **Whole wheat soft shells,**  **Cheddar cheese, black beans, brown rice, salsa and**  **Sour cream. With tortilla chips.**80 cal, 2g fat, 13g carb, 3g pro  55 cal, 2g fat, 8g carb, 1 g pro  Shredded chicken  Cal,3g fat 0g carb 24 g pro  Brown rice  130 cal, 1g fat, 28 carb 3 g pro  Lettuce, salsa, sour cream, cheese  140 cal, 12g fat, 2g carb, 6g pro  Black beans | **29 Breakfast Day**  **Blueberry Muffin s**95 Cal, 4g Fat, 13g Carb, 2g Pro  *SCRAMBLED**EGGS WITH CHEESE*  185 Cal, 13g Fat, 1g Carb, 16g Pro  *TURKEY SAUSAGE.*  45 cal, 3g fat, 0g carb, 4g pro  **s** | **30**  **Chicken wings!**  **BBQ or Buffalo, with celery and ranch. Served with baked zucc** Cal 80, fat 4g 2g carbs 12g pro  Corn cake cal20 fat.66 carbs 2.96g pro.47**hini fries** | **31 Pizza Day**  **Meatball, bacon, or cheese.**  300 Cal, 12g Fat, 31g Carb, 16g Pro (cheese/meatball)  230 Cal, 6g Fat, 31g Carb, 10g Pro (cheese/veggie)  210 Cal, 6g Fat, 29g Carb, 10g Pro (cheese only)  *CARROT STICKS.*  *35 Cal, 0g Fat, 8g Carb, 1g Pro* |
| **3**  **No School** | **4**  **Burrito Bowls**  80 cal, 2g fat, 13g carb, 3g pro  55 cal, 2g fat, 8g carb, 1 g pro  Shredded chicken  Cal,3g fat 0g carb 24 g pro  Brown rice  130 cal, 1g fat, 28 carb 3 g pro  Lettuce, salsa, sour cream, cheese  140 cal, 12g fat, 2g carb, 6g pro  Black beans | **5 Breakfast day**  **Pancakes, hash browns scrambled eggs and turkey sausage.95 cal 4g fat 13g carb 2g pro eggs 120 cal 8 g fat 1g carb 11g pro sausage 45cal 3g fat 0 carb, 4g pro** | **6**   |  |  | | --- | --- | | **BBQ Chicken Breast**  **Cal 70, fat 2g carbs 1g pro 11g Mac and cheese cal 170.3 fat 5.8g carbs 23.2g pro 6.2g cornbread cal 20 fay .66g carbs 2.96g pro .47g** | **2 Pizza Day!**  **Whole wheat dough**  **Cheese**300 Cal, 12g Fat, 31g Carb, 16g Pro (cheese/meatball)  230 Cal, 6g Fat, 31g Carb, 10g Pro (cheese/veggie)  210 Cal, 6g Fat, 29g Carb, 10g Pro (cheese only)  *CARROT STICKS.*  *35 Cal, 0g Fat, 8g Carb, 1g Pro***. and veggies.** | | **7 Pizza Day** |
|  | **11**  **Nacho Day**  Ground beef  Cal,3g fat 0g carb 24 g pro  Brown rice  130 cal, 1g fat, 28 carb 3 g pro  Lettuce, salsa, sour cream, cheese  140 cal, 12g fat, 2g carb, 6g pro  Black beans  80 cal, 2g fat, 13g carb, 3g pro | **12 Break Ham egg & Cheese muffins 250 cal 18g fat 20g carbs 30g 21g pro fast Day** | **13**  **Student Choice** | **14 Pizza Day!**  **Whole wheat dough**  **Meatball, bacon, or cheese.**  **With Fresh pasta salad.** |
| **17 Pasta Day!**  **Beef Stroganoff**  *WITH MUSHROOMS AND EGG NOODLES IN A CREAMY BEEF SAUCE,*  335 Cal, 15g Fat, 28g Carb, 22g Protein  *WITH A WARM WHEAT ROLL.*  120 Cal, 2g Fat, 20g Carb | **18 Taco Day** | **1 Fresh baked cinnamon rolls, turkey sausage, and scrambled eggs.** | **20**  **Meatball Subs**  **With a side of fresh veggies.**  Hand rolled meatballs  210 cal, 10g fat, 9g carb, 21g protein  Whole grain garlic bread  120 Cal, 2g Fat, 20g Carb, 5g Pro  Fresh steamed veggies  30 Cal, 0g Fat, 6g Carb, 2g Pro | **21 Pizza Day!**  **Whole wheat dough**  **Meatball, bacon, or cheese**  **With fresh veggies.** |
| **24**  **Beef Stroganoff**  **Beef tips, egg noodles, mushroom cream sauce.**  335 Cal, 15g Fat, 28g Carb, 22g Protein | **25 Quesadillas**  **Cal 350.0 fat 9.0g carbs 40.0g pro 27.0g brown rice 130 cal, 1g fat, 28 carb, 3g pro** | **Croissants 26**  **260 Cal, 12g fat, 26g carb, 12g pro**  **With hash browns and**  **yogurt parfaits.**  **150 Cal, 2g fat, 30g** | **27 Student choice** | **28 Pizza Day** |

**A La Carte Items**Chef Salad $3.95 | Plain Salad $3 | Soup Cup $1.50

Yogurt Parfait $3 | Fruit Cup $1.50 | Whole Fruit $.50 | Veggie Cup $1.50

Turkey or Ham and Cheese Wraps $3.25| chocolate chip cookie$.50| Izze $2.00|

**$4.50 Lunch Includes:**

Hot Entrée OR Fresh Carved Sandwich

All lunches also include choice of fresh salad, fruit bar or soup of the day White Milk OR 8oz Bottled Water