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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 pro55 cal, 2g fat, 8g carb, 1 g proShredded chickenCal,3g fat 0g carb 24 g proBrown rice130 cal, 1g fat, 28 carb 3 g proLettuce, salsa, sour cream, cheese140 cal, 12g fat, 2g carb, 6g proBlack 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 pro55 cal, 2g fat, 8g carb, 1 g proShredded chickenCal,3g fat 0g carb 24 g proBrown rice130 cal, 1g fat, 28 carb 3 g proLettuce, salsa, sour cream, cheese140 cal, 12g fat, 2g carb, 6g proBlack 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**

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|  **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 beefCal,3g fat 0g carb 24 g proBrown rice130 cal, 1g fat, 28 carb 3 g proLettuce, salsa, sour cream, cheese140 cal, 12g fat, 2g carb, 6g proBlack beans80 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 meatballs210 cal, 10g fat, 9g carb, 21g proteinWhole grain garlic bread120 Cal, 2g Fat, 20g Carb, 5g ProFresh steamed veggies30 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