

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b>  <b>Creamy Chicken Alfredo Pasta</b>                      featuring Local Springer Mountain All Natural Chicken  <b>OR: Creamy Alfredo Pasta</b>  <b>WITH:</b> Mixed Vegetables Diced Pears</p>	<p><b>4</b>  <b>Crispy Chicken Sandwich</b>  <b>OR: NEW! Black Bean Sandwich</b>  <b>WITH:</b> Wheat Bun Honey Mustard Diced Carrots Mandarin Oranges</p>	<p><b>5</b>  <b>Fiesta Chicken Soft Taco</b>  <b>OR: Bean and Cheese Burrito</b>                      Shredded Cheddar Cheese Sweet Yellow Corn Tropical Fruit</p>	<p><b>6</b>  <b>Turkey Cheeseburger Mac</b>  <b>OR: Cheesy Shell Pasta</b>  <b>with:</b> Soft Breadstick Fresh Garden Salad with Homemade Ranch Dressing*                      Diced Peaches    <b>*Green Peas</b></p>	<p><b>7</b>  <b>Pizza Day</b>  <b>Whole Wheat Cheese Pizza</b>  <b>WITH:</b> Baby Carrots* with Ranch Dip Pineapple Tidbits    <b>*Naturally Sweet Diced Carrots</b></p>
<p><b>10</b>  <b>NEW! Chicken and Dumplings</b>                      featuring Local Springer Mountain All Natural Chicken  <b>OR: Vegetable Sticks</b>  <b>WITH:</b> Fresh Cut Green Beans Mandarin Oranges</p>	<p><b>11</b>  <b>BBQ Pulled Chicken Sandwich</b>  <b>OR: NEW! Black Bean Bites</b>  <b>with:</b> Wheat Bun Slow Cooked Baked Beans Diced Peaches</p>	<p><b>12</b>  <b>Tex Mex Turkey Soft Taco</b>  <b>OR: Bean and Cheese Burrito</b>  <b>WITH:</b> Cheddar Cheese Shredded Lettuce Chef Made Corn &amp; Black Bean Salad Pineapple Tidbits</p>	<p><b>13</b>  <b>Under-the-sea-Whole Wheat Fish Nuggets</b>  <b>OR: Roasted Veggie Sticks</b>  <b>WITH:</b> Homemade Tartar Sauce Whole Wheat Roll Vegetable Medley Fruit Yogurt Cup</p>	<p><b>14</b>  <b>Savory Turkey Meatballs</b>  <b>OR: Meatless Meatballs</b>  <b>IN:</b> Marinara Sauce  <b>WITH:</b> Spaghetti Garden Salad with Italian Dressing*                      Citrus Smiles    <b>*Green Peas</b></p>
<p><b>17</b>  <b>Oven Roasted Chicken</b>  <b>OR: Eggplant with Cheese</b>  <b>WITH:</b> Lemon Herb Rice Green Lima Beans Mandarin Oranges</p>	<p><b>18</b>  <b>All American Hamburger</b>  <b>OR: Gardenburger</b>  <b>WITH:</b> Wheat Bun Sliced American Cheese Mashed Potatoes Diced Peaches</p>	<p><b>19</b>  <b>Whole Grain Chicken Strips</b>  <b>OR: Boca Nuggets</b>  <b>WITH:</b> House-made Honey Mustard Sauce Fresh Broccoli with Ranch Dip Pineapple Tidbits    <b>*Green Peas</b></p>	<p><b>20</b>  <b>Chicken Quesadilla</b>                      featuring Local Springer Mountain All Natural Chicken  <b>OR: Bean and Cheese Quesadilla</b>  <b>WITH:</b> Freshly Made Mild Salsa Mexicali Rice Steamed Corn Fresh Sliced Apples*  <b>*Applesauce</b></p>	<p><b>21</b>  <b>Whole Wheat Spaghetti in a Savory Turkey Meat Sauce</b>  <b>OR: Whole Wheat Spaghetti with Garden Vegetables in Herb Sauce</b>  <b>WITH:</b> Mozzarella Cheese Shreds Soft Breadstick Green Peas Diced Pears</p>
<p><b>24</b>  <b>American Hamburger Skillet</b>  <b>OR: American Garden Skillet with Cheese</b>  <b>WITH:</b> Soft Breadstick Green Beans Mandarin Oranges</p>	<p><b>25</b>  <b>Whole Grain Chicken Nuggets</b>  <b>OR: Boca Nuggets</b>  <b>WITH:</b> House-made Barbeque Sauce Slow Cooked Baked Beans Diced Pears</p>	<p><b>26</b>  <b>Mama Mia Marinara Turkey Meatball Sub</b>  <b>OR: Meatless Meatball Sub</b>  <b>WITH:</b> Sliced Cheese Garden Salad with Italian Dressing*                      Diced Peaches    <b>*Diced Carrots</b></p>	<p><b>27</b>  <b>Twist &amp; Shout Mac 'n Cheese</b>  <b>WITH:</b> Whole Wheat Roll Vegetable Medley Pineapple Tidbits</p>	<p><b>28</b>  <b>Topsy Turvy Breakfast for Lunch!!</b>  <b>Whole Grain Waffle Sticks</b>  <b>WITH: Turkey Sausage</b>  <b>OR: Vegetarian Sausage</b>                      Waffle Syrup Applesauce Banana Half</p>
<p><b>31</b>  <b>Turkey Cheeseburger Mac</b>  <b>OR: Cheesy Shell Pasta</b>  <b>with:</b> Soft Breadstick Fresh Garden Salad with Homemade Ranch Dressing*                      Diced Peaches  <b>Pumpkin Muffin Bar</b>    <b>*Green Beans</b></p>	<p><b>V = Vegetarian Entrée Options</b>  <b>*2oz Steamed Vegetable Substitute for Toddler</b>  <b>Milk Served with Lunch Daily</b></p>			



No High Fructose Corn Syrup, MSG, or Artificial Sweeteners • Trans Fat Free  
 Locally sourced ingredients whenever possible

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> Chicken Alfredo** Milk, Wheat Mixed Vegetables None Diced Pears None Alfredo Pasta Wheat, Milk</p>	<p><b>4</b> Chicken Soy, Wheat, Egg Bun Soy, Wheat Honey Mustard Soy, Egg Diced Carrots None Oranges None Black Bean Sandwich Soy, Wheat, Milk</p>	<p><b>5</b> Soft Taco Soy, Wheat Cheddar Cheese Milk Salsa None Corn None Tropical Fruit None Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p><b>6</b> Cheeseburger Mac** Wheat, Milk Breadstick Soy, Wheat Garden Salad* None Ranch Dressing Soy, Milk, Egg Peaches None Cheesy Shells Wheat, Milk *Green Peas None</p>	<p><b>7</b> Cheese Pizza Soy, Wheat, Milk Baby Carrots None Ranch Dip Soy, Milk, Egg Pineapple None *Diced Carrots None</p>
<p><b>10</b> Chicken and Dumplings Soy, Wheat, Milk, Egg Green Beans None Oranges None Veggie Sticks Soy, Wheat, Milk, Egg</p>	<p><b>11</b> Pulled Chicken Soy, Wheat Baked Beans None Diced Peaches None Black Bean Bites Soy, Wheat, Milk</p>	<p><b>12</b> Soft Taco Soy, Wheat Cheddar Cheese Milk Lettuce None Corn &amp; Black Bean None Pineapple None Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p><b>13</b> Fish Nuggets Wheat, Fish, Milk, Soy Tartar Sauce Soy, Egg, Fish Roll Soy, Wheat Mixed Vegetables None Fruit Yogurt Milk Veggie Sticks Soy, Wheat, Milk, Egg</p>	<p><b>14</b> Turkey Meatballs Soy, Wheat, Milk, Egg Spaghetti Soy, Wheat, Egg Garden Salad None Italian Dressing None Citrus Smiles None Meatless Meatballs Soy, Wheat, Milk, Egg *Peas None</p>
<p><b>17</b> Roasted Chicken Soy Lemon Rice Soy Lima Beans None Oranges None Eggplant w/ Cheese Soy, Wheat, Milk</p>	<p><b>18</b> Hamburger Soy Bun Soy, Wheat Cheese Soy, Milk Mashed Potatoes Soy, Milk Diced Peaches None Gardenburger Soy, Wheat, Milk</p>	<p><b>19</b> Chicken Strips Soy, Wheat, Milk Honey Mustard Soy, Egg Broccoli None Ranch Dip Soy, Milk, Egg Pineapple Tidbits None Boca Nuggets Soy, Wheat *Corn None</p>	<p><b>20</b> Chicken Quesadilla Soy, Milk, Wheat Salsa None Rice Milk Corn None Apple Slices None Bean &amp; Cheese Quesadilla Wheat, Milk, Soy *Applesauce None</p>	<p><b>21</b> Spaghetti** Wheat Mozzarella Cheese Milk Breadstick Soy, Wheat Peas None Pears None Spaghetti w/ Cheese Milk, Wheat</p>
<p><b>24</b> Hamburger Skillet** Wheat, Soy Breadstick Soy, Wheat Green Beans None Oranges None Garden Skillet Wheat, Milk</p>	<p><b>25</b> Chicken Nuggets Soy, Milk, Egg, Wheat BBQ Sauce Soy, Fish Baked Beans None Pears None Boca Nuggets Soy, Wheat</p>	<p><b>26</b> Turkey Meatballs Soy, Wheat, Milk, Egg Bun Soy, Wheat Cheese Soy, Milk Garden Salad None Italian Dressing None Diced Peaches None Meatless Meatballs Soy, Wheat, Milk, Egg *Green Peas None</p>	<p><b>27</b> Pasta** Wheat, Milk Roll Soy, Wheat Veggie Medley None Pineapple Tidbits None</p>	<p><b>28</b> Waffle Sticks Soy, Wheat, Milk, Egg Syrup None Turkey Sausage None Applesauce None Banana None Vegetarian Sausage Soy, Wheat, Milk, Egg</p>
<p><b>31</b> Cheeseburger Mac** Wheat, Milk Breadstick Soy, Wheat Garden Salad* None Ranch Dressing Soy, Milk, Egg Peaches None Muffin Bar Soy, Wheat, Egg, Milk Cheesy Shells Wheat, Milk *Green Peas None</p>				

**\*\* All Pasta Products are Processed in a Facility that Uses Egg\*\***

This list is comprised of the most common allergens we chart, including egg, soy, wheat, and milk. Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program.