



PRICES ADULTS: \$3.50
MILK: .50
MS/HS: \$2.65
ELEMENTARY: \$2.45



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

HS/MS LUNCH



Monday

CHEESE CALZONE **1**
OVEN ROASTED CAULIFLOWER
FRUIT & VEGETABLE CHOICE
MILK

WG BOSCO STICKS **8**
CORN
FRUIT & VEGETABLE CHOICE
MILK

RAVIOLI W/WG ROLL **15**
MIXED VEGETABLES
FRUIT & VEGETABLE CHOICE
MILK

CHICKEN TENDERS **22**
AUGRATIN POTATOES /WG ROLL
FRUIT & VEGETABLE CHOICE
MILK

FRENCH TOAST W/SAUSAGE **29**
TRI TATARS
FRUIT & VEGETABLE CHOICE
MILK

Tuesday

WG WALKING TACO **2**
REFRIED BEANS
FRUIT & VEGETABLE CHOICE
MILK

WG NACHOS W/MEAT & CHEESE **9**
SPICED PINTO BEANS
FRUIT & VEGETABLE CHOICE
MILK

WG CHICKEN FAJITAS **16**
BLACK BEANS & RICE
FRUIT & VEGETABLE CHOICE
MILK

BEAN & CHEESE QUESADILLA **23**
REFRIED BEANS
FRUIT & VEGETABLE CHOICE
MILK

WG TACOS **30**
MEXICAN CORN
FRUIT & VEGETABLE CHOICE
MILK

Wednesday

WG CHICKEN NUGGETS **3**
MASHED POTATOES WG ROLL
FRUIT & VEGETABLE CHOICE
MILK

CHILI W/WG CHEESE BUNS **10**
MIXED VEGETABLES
FRUIT & VEGETABLE CHOICE
MILK

POPCORN CHICKEN BOWL with WG DINNER ROLL **17**
CORN
FRUIT & VEGETABLE CHOICE
MILK

MACARONI & CHEESE **24**
MIXED VEGETABLE ,WG ROLL
FRUIT & VEGETABLE CHOICE
MILK

CHICKEN NUGGETS **31**
FRENCH FRIES W/G COOKIE
FRUIT & VEGETABLE CHOICE
MILK

Thursday

SPAGHETTI W/MEAT SAUCE W/BREADSTICK **4**
GREEN BEANS
FRUIT & VEGETABLE CHOICE
MILK

CHICKEN PARMESANW/SPAGHETTI **11**
GREEN BEANS/GARLIC TOAST
FRUIT & VEGETABLE CHOICE
MILK

DOUBLE HOT DOG **18**
FRENCH FRIES
FRUIT & VEGETABLE CHOICE
MILK

HOT HAM & CHEESE SANDWICH **25**
ROASTED CALIFORNIA BLEND
FRUIT & VEGETABLE CHOICE
MILK

Friday

BONELESS BBQ WING **5**
BAKED BEANS
FRUIT & VEGETABLE CHOICE
MILK

BAKED POTATO BAR **12**
BROCCOLI / WG ROLL
FRUIT & VEGETABLE CHOICE
MILK

WG PEPPERONI FLATBREAD **19**
CARROTS
FRUIT & VEGETABLE CHOICE
MILK

SWEET & SOUR CHICKEN W/RICE **26**
BROCCOLI
FRUIT & VEGETABLE CHOICE
MILK

