



**\* Menu Subject to change without notice.**

**\* This institution is an equal opportunity provider**



**Nutrition Tip:** Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

### Monday



### Tuesday

### Wednesday



### Thursday

### Friday

**5**  
Bean & Cheese Burrito  
Strawberry Cup  
Corn  
Fat Free Chocolate Milk

**6**  
Roast Turkey Sandwich  
Blueberries  
Power Punch Juice  
Fat Free Chocolate Milk  
Mayo/Mustard

**7**  
Carnitas Bowl  
Flour Tortilla  
Grapes  
Avocado  
Fat Free Chocolate Milk

**8**  
Taco Nada  
Apple  
Tropical Twist Juice  
Fat Free Chocolate Milk

**9**  
PB&J Grape  
Orange  
Carrot  
Fat Free Chocolate Milk

**12**  
Chicken Pozole  
Tortilla Chips/Tapatío  
Lemon/Cabbage/Radish  
Pineapple Snow-Pal  
Fat Free Chocolate Milk

**13**  
Bean & Cheese Popusa  
Strawberry Cup  
Power Punch Juice  
Fat Free Chocolate Milk

**14**  
Salad Shaker  
Saltine Cracker  
Mango Snow-Pal  
Fat Free Chocolate Milk

**15**  
Walking Taco  
Fudge Brownie  
Kiwi Strawberry Juice  
Sour Cream  
Fat Free Chocolate Milk

**16**  
Mandarin Chicken Bow  
Plum  
Vegetable Mix 4-Way  
Fortune Cookie  
Fat Free Chocolate Milk

**19**  
Pulled Pork Sandwich  
Banana  
Pinto Beans  
BBQ Sauce  
Fat Free Chocolate Milk

**20**  
Bean & Two Cheese Dip  
Tortilla Chips  
Apple  
Tropical Twist Juice  
Fat Free Chocolate Milk

**21**  
Cheese Burger  
Blueberries/Whip-Cream  
Salad  
Fat Free Chocolate Milk

**22**  
Meat Ball Sandwich  
Green Apple  
Potato Smiles/Ketchup  
Fat Free Chocolate Milk

**23**  
Lunch Pizza Bagel  
Strawberry Craisin  
Carrots  
Fat Free Chocolate Milk

**26**  
Chile Relleno Burrito  
Apple  
Broccoli  
Sour Cream  
Fat Free Chocolate Milk

**27**  
Chicken Tender  
Sliced Apples  
Power Punch Juice  
BBQ Sauce  
Fat Free Chocolate Milk

**28**  
Turkey & Cheese Sandw  
Baked Cheetos  
Raisels  
Pinto Beans  
Fat Free Chocolate Milk

**29**  
Teriyaki/Rice Bowl  
Orange  
Carrots  
Fat Free Chocolate Milk

