



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 6 7 SALAD BAR AVAILABLE DAILY AT THE MS./SR. HIGH SCHOOL			8
11	12	13	14	15
18	19	20	21	22
25 <b>BREAKFAST:</b> Colby Cheese Omelet, Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Strip Wrap, Boccoli, Shred. Lettuce, Diced Tomatoes, Cucumbers, Fruit, Milk	26 <b>BREAKFAST:</b> Muffin/Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Crispitos, California Blend Veggie, Lettuce, Diced Tomato, Cookie (H.S.), Fruit, Milk	27 <b>BREAKFAST:</b> French Toast Sticks, Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Spaghetti & Meatsauce, Garlic Bread, Lettuce Salad, Grape Tomatoes, Fruit, Milk	28 <b>BREAKFAST:</b> Muffin/Toast Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Ham & Turkey Sub, Baked Beans, Shred. Lettuce, Sliced Tomato, Chips, Fruit, Milk	29 <b>BREAKFAST:</b> Scrambled Eggs & Ham, Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Salisbury Steak, Mashed Potatoes, Gravy, Glazed Carrots, Tea Roll, Fruit, Milk

All bread/buns are whole grain-rich  
All milk is 1% low-fat or fat-free

#### MENU SUBJECT TO CHANGE

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\* = Ms./Sr. High only, E = Elementary only



