



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Menus are designed to meet USDA nutritional standards.
 Nutrition Analysis Weekly Target:
 Calories 600-650
 Sat. Fat <10%
 Trans Fat 0%
 Menus are subject to change.
 The USDA and this institution are equal opportunity providers and employers.



1
 American Sub Sandwich
 Baby Carrots w/ Dip
 Pears
 Milk

2
 Turkey & Cream Cheese Bagel
 Cucumber Coins
 Orange
 Milk

5
 Mandarin Chicken Salad
 WG Roll
 Baby Carrots
 Apple Sauce
 Milk

6
 Italian Sub Sandwich
 Three Bean Salad
 Banana
 Milk

7
 Cheese Pizza Wheels
 Spinach Salad
 Peaches
 Milk

8
 SW Chicken Fajita Wrap
 Aztec Corn
 Orange
 Milk

9
 STATE IN-SERVICE DAY

12
 Pineapple Parfait w/ Granola
 Smartfood Popcorn
 Broccoli Buds w/ Dip
 Milk

13
 Chicken Caesar Salad Wrap
 Three Bean Salad
 Apple
 Milk

14
 SW Taco Salad w/ Tortilla Chips
 Black Bean & Corn Salad
 Mixed Fruit
 Milk

15
 American Sub Sandwich
 Baby Carrots w/ Dip
 Pears
 Milk

16
 Turkey & Cream Cheese Bagel
 Cucumber Coins
 Orange
 Milk

19
 Mandarin Chicken Salad
 WG Roll
 Baby Carrots
 Apple Sauce
 Milk

20
 Italian Sub Sandwich
 Three Bean Salad
 Banana
 Milk

21
 Cheese Pizza Wheels
 Spinach Salad
 Peaches
 Milk

22
 SW Chicken Fajita Wrap
 Aztec Corn
 Orange
 Milk

23
 Hummus & String Cheese
 Tortilla Chips
 Mixed Veggie Pack
 Apple
 Milk

26
 Pineapple Parfait w/ Granola
 Smartfood Popcorn
 Broccoli Buds w/ Dip
 Milk

27
 Chicken Caesar Salad Wrap
 Three Bean Salad
 Apple
 Milk

28
 SW Taco Salad w/ Tortilla Chips
 Black Bean & Corn Salad
 Mixed Fruit
 Milk

29
 American Sub Sandwich
 Baby Carrots w/ Dip
 Pears
 Milk

30
 TEACHER WORK DAY

Lunch Prices
 Student Paid: \$2.05
 Adult: \$3.25

