



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. Notice will be given when possible



7
 Labor Day

8
 Italian Sub
 Sandwich
 Three Bean Salad
 Banana
 Milk

9
 Cheese Pizza
 Wheels
 Spinach Salad
 Peaches
 Milk

10
 SW Chicken Fajita
 Wrap
 Aztec Corn
 Orange
 Milk

11
 Hummus Cup &
 String Cheese
 Tortilla Chips
 Mixed Veggie Pack
 Apple
 Milk

14
 Madrone Pineapple
 Parfait
 Granola
 Broccoli Buds w/ Dip
 Milk

15
 Chicken Caesar
 Salad Wrap
 Three Bean Salad
 Apple
 Milk

16
 SW Taco Salad w/
 Tortilla Chips
 Black Bean & Corn
 Salad
 Mixed Fruit
 Milk

17
 American Sub
 Sandwich
 Baby Carrots w/ Dip
 Pears
 Milk

18
 Turkey & Cream
 Cheese Bagel
 Cucumber Coins
 Orange
 Milk

21
 Mandarin Chicken
 Salad
 Crackers
 Baby Carrots
 Apple Sauce
 Milk

22
 Italian Sub
 Sandwich
 Three Bean Salad
 Banana
 Milk

23
 Cheese Pizza
 Wheels
 Spinach Salad
 Peaches
 Milk

24
 SW Chicken Fajita
 Wrap
 Aztec Corn
 Orange
 Milk

25
 Hummus &
 String Cheese
 Tortilla Chips
 Mixed Veggie Pack
 Apple
 Milk

28
 Madrone Pineapple
 Parfait
 Granola
 Broccoli Buds w/ Dip
 Milk

29
 Chicken Caesar
 Salad Wrap
 Three Bean Salad
 Apple
 Milk

30
 SW Taco Salad w/
 Tortilla Chips
 Black Bean & Corn
 Salad
 Mixed Fruit
 Milk

1
 American Sub
 Sandwich
 Baby Carrots w/ Dip
 Pears
 Milk

2
 Turkey & Cream
 Cheese Bagel
 Cucumber Coins
 Orange
 Milk



Lunch Prices
 Student Paid: \$2.00
 Reduced: \$0.40
 Adult: \$3.25

