

Monday menu 1- Chicken strips/burgers/Hot dogs

Chicken strips- 3pcs/5pcs

Hamburger

Hot Dog

Veggie dog

GF hot dog

Side dish cut up vegetables

TCBY frozen yogurt

Monday menu 2- Pasta &

Baguettes

Reg (8oz), Lg (12oz)

Mac n cheese

Pasta

- w/ tomato meat sauce
- w/parmesan
- w/spinach & tomato

GF Pasta: plain, tomato sauce

Caesar Salad

Baguettes- white or whole wheat

Brioche bun w/ egg salad

Focaccia bread

TCBY frozen yogurt

Tuesday Menu 1 – Asian

Reg (8oz)

Beef & broccoli w/rice

Black bean chicken w/rice

Chicken stir-fry w/rice

Veggie stir-fry w/rice

Banana choc chip muffin

Tuesday Menu 2 – Variety

Reg (8oz) -Lg (12oz)

Butter chicken w/rice

Butter chickpea w/rice

Honey lime chicken w/mashed potatoes & carrots

Lemon curry chicken w/ couscous & peas

Vegetable Samosa

Banana Bread

Wednesday Menu 1 – Pizza & Wraps

Personal pizza

- Cheese
- Pepperoni
- Chicken & pepper
- Vegetarian
- GF Cheese or pepperoni

Wrap:

- Chicken Caesar
- BBQ chicken Cheddar
- Vegetarian

Cut up vegetables or fruit cup

Max Frut

Wednesday Menu 2 - Pizza & Wraps

Personal pizza

- Cheese
- Pepperoni
- Chicken & pepper
- Vegetarian
- GF Cheese or pepperoni

Wrap:

- Chicken Caesar
- Ranch Chicken Cheddar
- Vegetarian

Cut up vegetables or Fruit cup

Max Frut

Friday Menu 1 –Mexican or Chicken Kabob

Burrito: chicken, beef, breakfast

Quesadilla:

- cheese,
- chicken
- GF option

Soft taco: beef or black bean

Chicken kabob

Taco salad

Fruit cup

Ginger cookie

Friday Menu 2 – Sushi

Beef or chicken rice bowl \$5.95

Vegetable Yakisoba

Pork Gyoza- 6pcs

Sushi roll: Avocado, California, Cucumber, Yam – 8pcs

Brownie

Option of 2% milk, choc milk, apple or orange juice with each lunch day.