

Week 1	Week 2	Week 3	Week 4	Week 5
Grilled Chicken Sandwich Sweet Potato Fries Grapes Choc. Ch. Cook (6-12) Ketchup/Mayo Milk	Sloppy Joe Sandwich Carrots Baked Beans Applesauce Milk	Deli Combo Sub Spanish Rice (9-12) Corn Carrots Apple Milk	Hamburger Roasted Potato Wedges Grapes Milk	BBQ Pork Sandwich Potato Wedges Coleslaw Orange Wedges Milk
Spaghetti with Meat Sauce Green Beans Breadstick Pineapple Milk	Chicken Alfredo Spinach Salad WG Roll Cherry Tomatoes Peaches Milk	Goulash WG Roll Broccoli/cauliflower Mixed Fruit Milk	Chicken Bread California blend Pumpkin Bar Peaches Milk	Lasagna Side Salad WG Breadstick Peas (9-12) Kiwi Milk
Chicken Fajita Mixed Greens Salad Black Bean Salsa Rice (9-12) Apple Milk	Soft Shell Taco Lettuce & Cheese Salsa Refried Beans WG Roll (9-12) Melon Milk	Mexican Chicken Soup Crackers Spinach Salad Pears Apple Crisp Milk	Taco Salad (Mexican straw hats) Tortilla Chips Mixed Greens Salad Black Bean salsa Banana Milk	Beef Burrito Mixed Greens Refried Beans Salsa & Sour Cream WG Roll (9-12) Peaches Milk
Chili Cornbread Roasted Zucchini Kiwi Crackers Milk	Hamburger Gravy Mashed Potatoes WG Roll Mixed Green Salad Kiwi Milk	Turkey Burger Garlic mashed potatoes Pears Mandarin oranges Milk	Turkey Wrap Spanish Rice (9-12) Carrots Pears Milk	Chicken-Veg Rice Bowl Steamed Broccoli Local Yogurt Apple Milk
Cheese Pizza Spinach Salad Corn Peaches Milk	Mac and Cheese Peas Cucumber-Apple salad WW Roll (6-12) Grapes Milk	Cheese Pizza Carrots & Celery Green beans Apple Milk	Breakfast for Lunch Cheesy Egg Bake Toast Broccoli Mandarin oranges Milk	Grilled Cheese Sandwich Fiesta Beans & Rice Carrots Oatmeal Cookie (9-12) Strawberries Milk

Revised Jan 2013

Friday meals for Lent – Meat free

New Entrees

Meal moved, but same week