# Lunch K-7

| Monday | Tuesday | Wednesday | Thursday | Friday |
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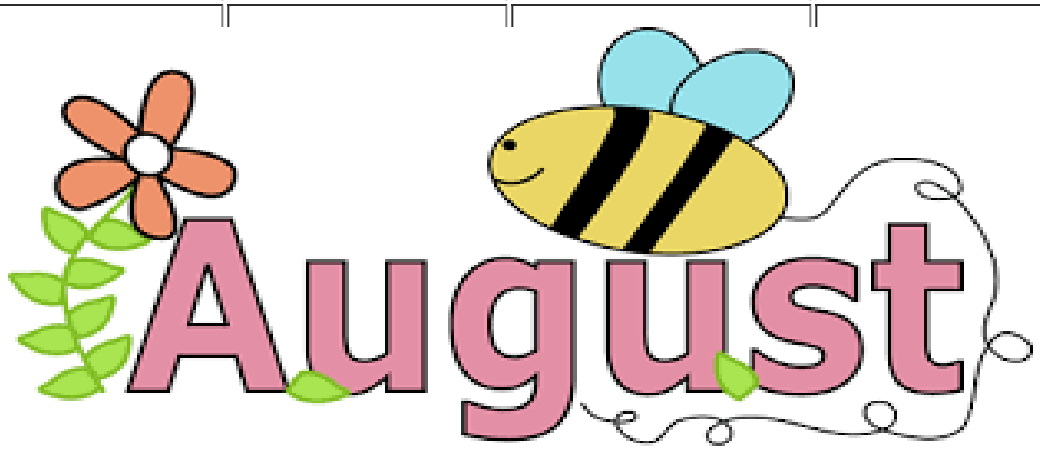
|   | | | | 6<br>Crispy Chicken Tenders<br>Chix Tenders Salad<br>Ranch Dressing<br>Saltine Crackers<br>Croutons<br>Mashed Potatoes<br>Broccoli Spears<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Yeast Roll<br>Low Fat Milk<br>Chocolate Milk<br>Variety of Dipping Sauce<br>Ketchup |
| 9<br>Hamburger Steak w/Gravy<br>Trio Salad Plate<br>Black-Eyed Peas<br>Southern Turnip Greens<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Cornbread<br>Low Fat Milk<br>Chocolate Milk | 10<br>Chicken Fajitas<br>Chix Salad/Ciabatta<br>Raw Veggies with Dip<br>Whole Kernel Corn<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Low Fat Milk<br>Chocolate Milk<br>Graham Crackers | 11<br>Cheesy Chix w/Rice<br>Fruit and Yogurt Plate<br>Broccoli Spears<br>Summer Squash<br>Vegetable Juice<br>Banana Berry Blend<br>Chilled Fruits<br>Fruit Juice<br>Yeast Roll<br>Low Fat Milk<br>Chocolate Milk | 12<br>Spaghetti/Meat Sauce<br>Chix Tenders Salad<br>Ranch Dressing<br>Saltine Crackers<br>Croutons<br>Steamed Carrots<br>Green Beans<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Garlic Toast<br>Low Fat Milk<br>Chocolate Milk | 13<br>Roasted Chicken<br>Chef Salad<br>Ranch Dressing<br>Saltine Crackers<br>Croutons<br>Yam Patties<br>Seasoned Cabbage<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Cornbread<br>Low Fat Milk<br>Chocolate Milk<br>Oatmeal Raisin Cookie |
| 16<br>Stuffed Crust Pizza<br>Trio Salad Plate<br>Whole Kernel Corn<br>Baby Carrots w/Dip<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Low Fat Milk<br>Chocolate Milk | 17<br>Beefy Nachos Grande<br>Yogurt Sandwich Combo<br>Baby Carrots w/Dip<br>Whole Kernel Corn<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Low Fat Milk<br>Chocolate Milk | 18<br>Chicken Quesadillas<br>Chef Salad<br>Ranch Dressing<br>Saltine Crackers<br>Croutons<br>Garden Salad<br>W/Dressing<br>Broccoli Spears<br>Vegetable Juice<br>Calico Fruit<br>Chilled Fruits<br>Fruit Juice<br>Low Fat Milk<br>Chocolate Milk<br>Graham Crackers | 19<br>Barbecue Chicken<br>Chef Salad<br>Ranch Dressing<br>Saltine Crackers<br>Croutons<br>Macaroni and Cheese<br>Black-Eyed Peas<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Cornbread<br>Low Fat Milk<br>Chocolate Milk | 20<br>Chili Cheese/Corn Chips<br>Grilled Chicken Salad<br>Ranch Dressing<br>Saltine Crackers<br>Garden Salad<br>W/Dressing<br>Green Beans<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Low Fat Milk<br>Chocolate Milk |
| 23<br>BBQ Pork Sandwich<br>Chix Salad w/Crackers<br>Crinkle Cut Fries<br>Confetti Coleslaw<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Low Fat Milk<br>Chocolate Milk | 24<br>Mandarin Chicken<br>Trio Salad Plate<br>Stir Fried Rice<br>Steamed Broccoli<br>Raw Veggies with Dip<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Yeast Roll | 25<br>Chicken Nachos<br>Chef Salad<br>Ranch Dressing<br>Saltine Crackers<br>Croutons<br>Garden Salad<br>W/Dressing<br>Whole Kernel Corn<br>Vegetable Juice<br>Banana Berry Blend | 26<br>John Wayne Casserole<br>Chix Salad w/Crackers<br>Chix Salad/Ciabatta<br>Green Beans<br>Summer Squash<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Garlic Toast | 27<br>Chicken Nuggets<br>Chef Salad<br>Ranch Dressing<br>Saltine Crackers<br>Croutons<br>Black-Eyed Peas<br>Seasoned Cabbage<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits |

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| Ketchup | Low Fat Milk<br>Chocolate Milk | Chilled Fruits<br>Fruit Juice<br>Low Fat Milk<br>Chocolate Milk | Low Fat Milk<br>Chocolate Milk | Fruit Juice<br>Cornbread<br>Low Fat Milk<br>Chocolate Milk<br>Sugar Cookie<br>Variety of Dipping Sauce<br>Ketchup |
| 30<br><br>Beef-A-Roni<br>Fruit and Yogurt Plate<br>Marinated Tomato and Cucumber Salad<br>California Veggies<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Garlic Toast<br>Low Fat Milk<br>Chocolate Milk | 31<br><br>Ham/Cheese/Ciabatta<br>Chix Salad/Ciabatta<br>Herbed Broccoli<br>Raw Veggies with Dip<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Low Fat Milk<br>Chocolate Milk | 1<br><br>Chicken Spaghetti<br>Chef Salad<br>Ranch Dressing<br>Saltine Crackers<br>Croutons<br>Steamed Carrots<br>Seasoned Lima Beans<br>Vegetable Juice<br>Calico Fruit<br>Chilled Fruits<br>Fruit Juice<br>Garlic Toast<br>Low Fat Milk<br>Chocolate Milk | 2<br><br>Sloppy Joe on Bun<br>Tuna Salad/Crackers<br>Tater Tots<br>Cucumber Slices w/Dip<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Low Fat Milk<br>Chocolate Milk | 3<br><br>Walking Tacos<br>Chef Salad<br>Ranch Dressing<br>Saltine Crackers<br>Croutons<br>Green Beans<br>Whole Kernel Corn<br>Vegetable Juice<br>Fresh Fruit Bowl<br>Chilled Fruits<br>Fruit Juice<br>Low Fat Milk<br>Chocolate Milk |

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