

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change without notice.	WE OFFER FAT FREE, 1% OR CHOCOLATE MILK WITH ALL MEALS		1 Popcorn Chicken Corn Dog	2
			Broccoli Fruit	
			Cereal	
5 	6 Chicken Alfredo Beef Tacos	7 Pepperoni Pizza Teriyaki Chicken	8 Chicken Patty Burger Baked Penne Pasta	9
	Broccoli Fruit Muffin	Carrots Fruit Chorizo with Egg	Green Beans Fruit Mollette	
12 Crispy Chicken Sandwich Meatball Sub	13 BKL: French Toast w/ Sausage Chicken Tacos	14 Pepperoni Pizza Sweet n Sour Chick'n	15 Cheeseburger Nachos	16
Green Beans Fruit	Carrots Fruit	Broccoli Fruit	Corn Fruit	
Bagel with Cream Cheese	Breakfast Burrito	Yogurt Parfait	Scrambled eggs w/ cheese Toast	
19 Chicken Nuggets Ham & Cheese Sandwich	20 Grilled Cheese Sandwich w/ Soup Beef Tacos	21 Spaghetti w/ Meatsauce Pepperoni Pizza	22 Crispy Chicken Sandwich Taco Quesadilla	23
Green Beans Fruit	Carrot Fruit	Broccoli Fruit	Tater Tots Fruit	
Breakfast Pastry	Quesadilla	Poptart	Egg with Chorizo	
26 Orange Chicken Corn Dog	27 Chicken Tacos Chicken Alfredo	28 Pepperoni Pizza Hot Dog	29 Beefy Nachos Cheeseburger	30
Green Beans Fruit	Refried Beans Fruit	Broccoli Fruit	Corn Fruit	
Yogurt	Egg & Cheese Sandwich	Mini French Toast	Cereal	

USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.

Nutritional information is available at the food service office.

*Indicates pork product



"This institution is an equal opportunity provider."

WE OFFER FAT FREE, 1% OR CHOCOLATE MILK WITH ALL MEALS
Students Must Select 3 out of the 5 Meal Components.
One Of The 3 Components Selected, MUST Be Fruit or Vegetable.

