



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Empty menu box for Monday

1% Milk and Fat-free Milk Offered Daily.

Empty menu box for Wednesday

1
Chicken Pot Pie
Hamburger
Sunbutter & Jelly Sandwich
Chicken Caesar Salad
Roasted Corn
Bananas
Orange Smiles

2
Grilled Chicken Dunks
Pasta w/ Tomato Sauce & Cheese
Turkey Ham & Cheese Sub
Southwest Chicken Salad
Roasted Butternut Squash
Fresh Apples
Mixed Fruit Salad

Daily Garden Bar: Salad Mix, Curried Chickpeas, Carrots, & Tomatoes

5
No School Today

6
Veggie Black Bean Chili Pie
Cheeseburger
American Sub
Spinach Salad w/ Egg
Roasted Butternut Squash
Banana
Orange Smiles

7
Macaroni & Cheese
Cuban Sandwich
Turkey & Cheese Tortilla
Chicken Dipper Salad
Steamed Broccoli
Fresh Apple
Fruit Salad

8
Eggs w/ Turkey Sausage & French Toast Sticks
Sweet & Sour Chicken w/ Veggies & Rice
Sunny Apple Sandwich
Chef Salad
Sweet Potato Bites
Banana
Orange Smiles

9
Thai Sweet Potato Bowl
Bistro Burger
Roasted Turkey on WG Roll
Tuna Salad w/ Celery
Black Beans
Fresh Apple
Mixed Fruit Salad

Daily Garden Bar: Salad Mix, Thai Ginger Cucumber Salad, Celery, Tomatoes.

12
Supper Veggie Mac & Cheese
BBQ Chicken Sandwich
Turkey Ham & Cheese Sub
Chicken Dipper Salad
Pinto Beans
Fresh Apple
Peaches

13
Italian Turkey Sausage Pizza
Classic Cheese Pizza
BBQ Chicken Wrap
Chicken Salad Sandwich
Glazed Carrots
Bananas
Orange Smiles

14
Chipotle BBQ Meatloaf
Bistro Burger
Garden Sub w/ Cheese
Asian Chicken Salad
Mashed Potatoes
Fresh Apple
Dried Cranberries

15
Black Bean Nachos
Caprese Turkey Burger
Turkey Ham & Cheese Sub
Chicken Caesar Salad
Pinto Beans
Banana
Orange Smiles

16
Bagel Sandwich w/ Turkey Ham, Egg, & Cheese
Double Bean Enchilada
Tender Chicken Wrap
Southwest Chicken Salad
Steamed Broccoli
Fresh Apple
Mixed Fruit

Daily Garden Bar: Salad Mix, Cucumber Slices, & Tomato Basil Salad

19
Roasted Turkey & Gravy w/ Whole Grain Roll
Traditional Hamburger
Italian Sub
Hoppin' John Salad w/ Rice
Mashed Potatoes
Fresh Apple
Chilled Pears

20
Jerk Chicken Bowl w/ Whole Grain Cinnamon Wheel
Hot Turkey & Cheese Sandwich
Turkey Ham & Cheese Sub
Spinach Salad w/ Egg
Roasted Corn
Banana
Orange Smiles

21
Grilled Chicken w/ WG Waffle Squares
Sudanese Meat Sauce w/ Brown Rice
Sunny Apple Sandwich
Classic Chef Salad
Collard Greens
Fresh Apple
Honeydew

22
Hawaiian Style Pizza
Classic Cheese Pizza
Turkey, Cheese, & Spinach Tortilla
Bruschetta Bean Dip w/ Tortilla Chips
Roasted Corn
Banana
Orange Smiles

23
Scrambled Eggs w/ Pancakes & Warm Apples
Twisted Turkey Dog
Turkey Ham & Cheese Sub
Spinach Wrap w/ Vegetables & Yogurt Sauce
Roasted Butternut Squash
Fresh Apple
Fruit Salad

Daily Garden Bar: Salad Mix, Carrots, Garbanzo Beans, Diced Tomatoes, & Cucumber Slices.

26
Cheese Raviolis w/ Marinara Sauce
Deluxe Cheeseburger
Turkey Ham & Cheese Sub
Grilled Chicken Dipper Salad
Steamed Broccoli
Fresh Apple
Applesauce

27
Italian Turkey Sausage Pizza
Classic Cheese Pizza
Turkey Sandwich
Chicken Caesar Salad
BBQ Baked Beans
Banana
Orange Smiles

28
Jamaican Chicken Quesadilla
Sunbutter & Banana Sandwich
Turkey & Cheese Tortilla
Pumpkin Apple Spice Parfait
Steamed Carrots
Fresh Apple
Fruit Salad

29
BBQ Chicken w/ Rice & WG Cinnamon Wheel
Black Bean Nachos
Chicken Caesar Wrap
Chef Salad
Zesty Corn
Banana
Orange Smile

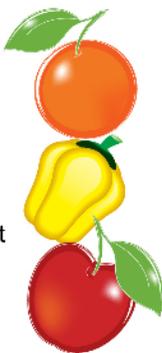
30
No School Today

Garden Bar: Salad Mix, White Bean & Jicama Salad, Cumbers, & Tomatoes.

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.

What Makes A Meal "Balanced"?

It seems we are always reading or hearing that it's important to "eat a balanced meal." Unfortunately people have different definitions for what "balanced" means. The USDA ChooseMyPlate website is a great place to learn about balanced meals and snacks. The website can be accessed at <http://www.choosemyplate.gov/>. Many schools today are already using this FREE website to teach students about better nutrition. The website is filled with tips on eating a balanced plate, what foods fit into which food groups, proper portion sizes and fact sheets, as well as tools to help you and your family track your nutrition and fitness progress. The Supertracker tool is an excellent way to help your child understand whether or not he/she is meeting their fitness goals. The interactive technology is aligned with how students expect to learn and allows them to see their results in print with numbers, graphs and charts. Seeing their results in print can be more impactful than an adult simply telling them what needs to change in their diet and fitness plan. So jump start your health this school year by logging on today and create a user profile for you and the members of your family. It's FREE – you have nothing to lose but some unhealthy eating habits and everything to gain!



Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.



Fresh Pick Recipe

AVOCADO TOMATO SALAD (SERVES 4)

- 1/3 cup and 1 Tbsp avocados (cubes)
- 1 Tbsp and 1 3/4 tsp lime juice
- 1 1/2 cups and 1 1/2 Tbsp peeled cucumber (chopped)
- 1 1/2 cups and 1 1/2 Tbsp red tomato (chopped)
- 2 3/8 tsp cilantro
- 2 3/8 tsp parsley (chopped)
- 1/8 tsp salt
- 1/8 tsp black pepper
- 3 Tbsp and 5/8 tsp Italian salad dressing

1. Cut avocado in half. Remove seed with chef knife and peel with teaspoon. Dice. Toss with lime juice to prevent browning.
2. Peel and dice cucumber 1/4".
3. Dice tomato 1/4".
4. Wash cilantro and parsley and pat dry. Pull leaves off the stem and roughly chop.
5. Combine cucumber, tomato, cilantro, salt and pepper with dressing in a large non-reactive bowl.
6. Allow at least 30 minutes for the flavors to meld.
7. Before serving, gently mix in avocados and garnish with parsley.