









## Winter - Spring Lunch Menu 2017





**WEEK 1:** 1/9 1/30 2/20 3/13 4/3 4/24

| <u>MONDAY</u>  | <u>TUESDAY</u>  | <u>WEDNESDAY</u>  | <u>THURSDAY</u>  | <u>FRIDAY</u>   |
|--|---|---|--|---|
| Double Cheese Pizza on WW Crust<br>Corn<br>Canned Peaches<br>1% Milk <div style="text-align: right;"></div> | Taco Salad<br>Black Beans, Taco Meat<br>Cheese, Lettuce,<br>Tomatoes<br>Sour Cream, Salsa<br>Bananas<br>1% Milk <div style="text-align: right;"></div> | Pot Roast<br>Mashed Potatoes<br>Sugar Snap Peas<br>Blueberries<br>1% Milk <div style="text-align: right;"></div> | Fish Tacos<br>Lettuce, Tomatoes,<br>Cheese<br>Green Beans<br>Mangos<br>1% Milk <div style="text-align: right;"></div> | Cook's Choice-t/b posted<br>Protein<br>Vegetable<br>Fruit<br>Grain<br>1% Milk |

**WEEK 2:** 1/16 2/6 2/27 3/20 4/10

| <u>MONDAY</u>  | <u>TUESDAY</u>  | <u>WEDNESDAY</u>  | <u>THURSDAY</u>  | <u>FRIDAY</u>   |
|--|---|---|--|---|
| Thin Sliced Turkey<br>Co-Jack Cheese Slices<br>Flour Tortillas<br>Cooked Carrots<br>Fresh Oranges<br>1% Milk <div style="text-align: right;"></div> | Portobello Ravioli<br>String Cheese<br>California Mixed<br>Vegetables<br>Pineapple<br>1% Milk <div style="text-align: right;"></div> | Grilled Chicken Breast<br>Broccoli<br>Applesauce<br>1% Milk <div style="text-align: right;"></div> | Grilled Cheese on<br>Whole Wheat Bread<br>Green beans<br>Strawberries<br>1% Milk <div style="text-align: right;"></div> | Cook's Choice-t/b posted<br>Protein<br>Vegetable<br>Fruit<br>Grain<br>1% Milk |

**WEEK 3:** 1/2 1/23 2/13 3/6 3/27 4/17

| <u>MONDAY</u>  | <u>TUESDAY</u>   | <u>WEDNESDAY</u>   | <u>THURSDAY</u>  | <u>FRIDAY</u>   |
|--|--|--|--|---|
| Shredded Pork<br>Whole Wheat Bun<br>Corn<br>Bananas<br>1% Milk <div style="text-align: right;"></div> | Spaghetti with Meat<br>Sauce<br>Carrot Coins<br>Blueberries<br>1% Milk <div style="text-align: right;"></div> | Black Bean Veggie<br>Burger on Whole Wheat<br>Bun<br>Peas<br>Mangos<br>1% Milk <div style="text-align: right;"></div> | Chicken Bow Tie Pasta<br>California Mixed Veggies<br>Strawberries<br>1% Milk <div style="text-align: right;"></div> | Cook's Choice-t/b posted<br>Protein<br>Vegetable<br>Fruit<br>Grain<br>1% Milk |