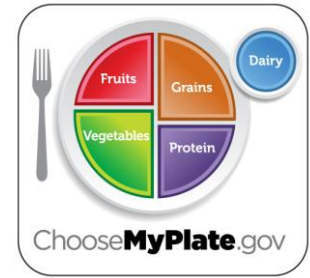




Lunch Menu September 2016

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| | | | 1 Beef & Bean Chili with Pita Bread, Mixed Fruits | 2 Cheese Pizza, Salad, Cucumber, Pears |
| 5 Chicken with Rice Humus, Grapes | 6 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 7 Meatballs in Pasta Garlic Bread, Salad, Peaches | 8 Fried Chicken Macaroni & Cheese Salad, Apples | 9 Cheese Pizza, Salad, Cucumber, Pears |
| 12 Chicken Sandwich, Baked French Fries, Apples | 13 Fish and Rice, Veggie baked navy beans, Peaches | 14 Grilled Chicken Burger Carrots, Grapes | 15 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 16 Cheese Pizza, Salad, Cucumber, Pears |
| 19 Pasta with Shrimp, Salad, Apples | 20 Hotdog, Baked French Fries Salad, Grapes | 21 Chicken with Pita Bread Salad, Peaches | 22 Beef & Bean Chili with Pita Bread, Mixed Fruits | 23 Cheese Pizza, Salad, Cucumber, Pears |
| 26 Chicken with Rice Humus, Grapes | 27 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 28 Meatballs in Pasta Garlic Bread, Salad, Peaches | 29 Fried Chicken Macaroni & Cheese Salad, Apples | 30 Cheese Pizza, Salad, Cucumber, Pears |



Drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major sugar and calories, in American diets.

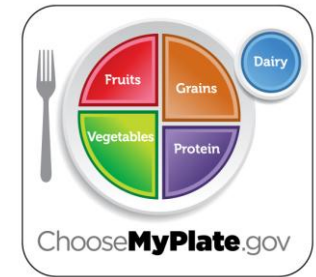
Reach your goals

Earn Presidential recognition for reaching your healthy eating and physical activity goals.



Lunch Menu October 2016

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| <p>3</p> <p>Chicken Sandwich, Baked French Fries, Apples</p> | <p>4</p> <p>Fish and Rice, Veggie baked navy beans, Peaches</p> | <p>5</p> <p>Grilled Chicken Burger Carrots, Grapes</p> | <p>6</p> <p>Whole Wheat Pasta and Chicken Baked French Fries, Dates</p> | <p>7</p> <p>Cheese Pizza, Salad, Cucumber, Pears</p> |
| <p>10</p> <p>Pasta with Shrimp, Salad, Apples</p> | <p>11</p> <p>Hotdog, Baked French Fries Salad, Grapes</p> | <p>12</p> <p>Chicken with Pita Bread Salad, Peaches</p> | <p>13</p> <p>Beef & Bean Chili with Pita Bread, Mixed Fruits</p> | <p>14</p> <p>Cheese Pizza, Salad, Cucumber, Pears</p> |
| <p>17</p> <p>Chicken with Rice Hummus, Grapes</p> | <p>18</p> <p>Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit</p> | <p>19</p> <p>Meatballs in Pasta Garlic Bread, Salad, Peaches</p> | <p>20</p> <p>Fried Chicken Macaroni & Cheese Salad, Apples</p> | <p>21</p> <p>Cheese Pizza, Salad, Cucumber, Pears</p> |
| <p>24</p> <p>Chicken Sandwich, Baked French Fries, Apples</p> | <p>25</p> <p>Fish and Rice, Veggie baked navy beans, Peaches</p> | <p>26</p> <p>Grilled Chicken Burger Carrots, Grapes</p> | <p>27</p> <p>Whole Wheat Pasta and Chicken Baked French Fries, Dates</p> | <p>28</p> <p>Cheese Pizza, Salad, Cucumber, Pears</p> |
| <p>31</p> <p>Pasta with Shrimp, Salad, Apples</p> | | | | |





Lunch Menu November 2016

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | 1 Hotdog, Baked French Fries Salad, Grapes | 2 Chicken with Pita Bread Salad, Peaches | 3 Beef & Bean Chili with Pita Bread, Mixed Fruits | 4 Cheese Pizza, Salad, Cucumber, Pears |
| 7 Chicken with Rice Hummus, Grapes | 8 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 9 Meatballs in Pasta Garlic Bread, Salad, Peaches | 10 Fried Chicken Macaroni & Cheese Salad, Apples | 11 Cheese Pizza, Salad, Cucumber, Pears |
| 14 Chicken Sandwich, Baked French Fries, Apples | 15 Fish and Rice, Veggie baked navy beans, Peaches | 16 Grilled Chicken Burger Carrots, Grapes | 17 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 18 Cheese Pizza, Salad, Cucumber, Pears |
| 21 Pasta with Shrimp, Salad, Apples | 22 Hotdog, Baked French Fries Salad, Grapes | 23 Chicken with Pita Bread Salad, Peaches | 24 Beef & Bean Chili with Pita Bread, Mixed Fruits | 25 Cheese Pizza, Salad, Cucumber, Pears |
| 28 Chicken with Rice Hummus, Grapes | 29 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 30 Meatballs in Pasta Garlic Bread, Salad, Peaches | | |



Power up with protein

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef, skinless chicken or turkey.

Get your protein from seafood based foods, too.



Lunch Menu December 2016

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| | | | 1 Fried Chicken Macaroni & Cheese Salad, Apples | 2 Cheese Pizza, Salad, Cucumber, Pears |
| 5 Chicken Sandwich, Baked French Fries, Apples | 6 Fish and Rice, Veggie baked navy beans, Peaches | 7 Grilled Chicken Burger Carrots, Grapes | 8 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 9 Cheese Pizza, Salad, Cucumber, Pears |
| 12 Pasta with Shrimp, Salad, Apples | 13 Hotdog, Baked French Fries Salad, Grapes | 14 Chicken with Pita Bread Salad, Peaches | 15 Beef & Bean Chili with Pita Bread, Mixed Fruits | 16 Cheese Pizza, Salad, Cucumber, Pears |
| 19 Chicken with Rice Humus, Grapes | 20 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 21 Meatballs in Pasta Garlic Bread, Salad, Peaches | 22 Fried Chicken Macaroni & Cheese Salad, Apples | 23 Cheese Pizza, Salad, Cucumber, Pears |
| 26 Chicken Sandwich, Baked French Fries, Apples | 27 Fish and Rice, Veggie baked navy beans, Peaches | 28 Grilled Chicken Burger Carrots, Grapes | 29 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 30 Cheese Pizza, Salad, Cucumber, Pears |





Lunch Menu January 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| 2 Pasta with Shrimp, Salad, Apples | 3 Hotdog, Baked French Fries Salad, Grapes | 4 Chicken with Pita Bread Salad, Peaches | 5 Beef & Bean Chili with Pita Bread, Mixed Fruits | 6 Cheese Pizza, Salad, Cucumber, Pears |
| 9 Chicken with Rice Hummus, Grapes | 10 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 11 Meatballs in Pasta Garlic Bread, Salad, Peaches | 12 Fried Chicken Macaroni & Cheese Salad, Apples | 13 Cheese Pizza, Salad, Cucumber, Pears |
| 16 Chicken Sandwich, Baked French Fries, Apples | 17 Fish and Rice, Veggie baked navy beans, Peaches | 18 Grilled Chicken Burger Carrots, Grapes | 19 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 20 Cheese Pizza, Salad, Cucumber, Pears |
| 23 Pasta with Shrimp, Salad, Apples | 24 Hotdog, Baked French Fries Salad, Grapes | 25 Chicken with Pita Bread Salad, Peaches | 26 Beef & Bean Chili with Pita Bread, Mixed Fruits | 27 Cheese Pizza, Salad, Cucumber, Pears |
| 30 Chicken with Rice Hummus, Grapes | 31 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | | | |



Power up with protein

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef, skinless chicken or turkey.

Get your protein from seafood based foods, too.



Lunch Menu February 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | 1 Meatballs in Pasta Garlic Bread, Salad, Peaches | 2 Fried Chicken Macaroni & Cheese Salad, Apples | 3 Cheese Pizza, Salad, Cucumber, Pears |
| 6 Chicken Sandwich, Baked French Fries, Apples | 7 Fish and Rice, Veggie baked navy beans, Peaches | 8 Grilled Chicken Burger Carrots, Grapes | 9 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 10 Cheese Pizza, Salad, Cucumber, Pears |
| 13 Pasta with Shrimp, Salad, Apples | 14 Hotdog, Baked French Fries Salad, Grapes | 15 Chicken with Pita Bread Salad, Peaches | 16 Beef & Bean Chili with Pita Bread, Mixed Fruits | 17 Cheese Pizza, Salad, Cucumber, Pears |
| 20 Chicken with Rice Humus, Grapes | 21 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 22 Meatballs in Pasta Garlic Bread, Salad, Peaches | 23 Fried Chicken Macaroni & Cheese Salad, Apples | 24 Cheese Pizza, Salad, Cucumber, Pears |
| 27 Chicken Sandwich, Baked French Fries, Apples | 28 Fish and Rice, Veggie baked navy beans, Peaches | | | |





Lunch Menu March 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | 1 Grilled Chicken Burger Carrots, Grapes | 2 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 3 Cheese Pizza, Salad, Cucumber, Pears |
| 6 Pasta with Shrimp, Salad, Apples | 7 Hotdog, Baked French Fries Salad, Grapes | 8 Chicken with Pita Bread Salad, Peaches | 9 Beef & Bean Chili with Pita Bread, Mixed Fruits | 10 Cheese Pizza, Salad, Cucumber, Pears |
| 13 Chicken with Rice Hummus, Grapes | 14 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 15 Meatballs in Pasta Garlic Bread, Salad, Peaches | 16 Fried Chicken Macaroni & Cheese Salad, Apples | 17 Cheese Pizza, Salad, Cucumber, Pears |
| 20 Chicken Sandwich, Baked French Fries, Apples | 21 Fish and Rice, Veggie baked navy beans, Peaches | 22 Grilled Chicken Burger Carrots, Grapes | 23 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 24 Cheese Pizza, Salad, Cucumber, Pears |
| 27 Pasta with Shrimp, Salad, Apples | 28 Hotdog, Baked French Fries Salad, Grapes | 29 Chicken with Pita Bread Salad, Peaches | 30 Beef & Bean Chili with Pita Bread, Mixed Fruits | 31 Cheese Pizza, Salad, Cucumber, Pears |



Power up with protein

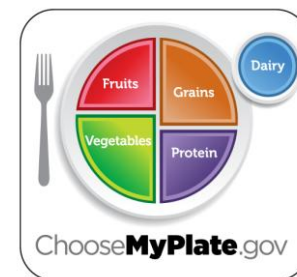
Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef, skinless chicken or turkey.

Get your protein from seafood based foods, too.



Lunch Menu April 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| 3 Chicken with Rice Humus, Grapes | 4 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 5 Meatballs in Pasta Garlic Bread, Salad, Peaches | 6 Fried Chicken Macaroni & Cheese Salad, Apples | 7 Cheese Pizza, Salad, Cucumber, Pears |
| 10 Chicken Sandwich, Baked French Fries, Apples | 11 Fish and Rice, Veggie baked navy beans, Peaches | 12 Grilled Chicken Burger Carrots, Grapes | 13 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 14 Cheese Pizza, Salad, Cucumber, Pears |
| 17 Pasta with Shrimp, Salad, Apples | 18 Hotdog, Baked French Fries Salad, Grapes | 19 Chicken with Pita Bread Salad, Peaches | 20 Beef & Bean Chili with Pita Bread, Mixed Fruits | 21 Cheese Pizza, Salad, Cucumber, Pears |
| 24 Chicken with Rice Humus, Grapes | 25 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 26 Meatballs in Pasta Garlic Bread, Salad, Peaches | 27 Fried Chicken Macaroni & Cheese Salad, Apples | 28 Cheese Pizza, Salad, Cucumber, Pears |



Power up with protein

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef, skinless chicken or turkey.

Get your protein from seafood based foods, too.



Lunch Menu May 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 1 Chicken Sandwich, Baked French Fries, Apple | 2 Fish and Rice, Veggie baked navy beans, Peaches | 3 Grilled Chicken Burger Carrots, Grapes | 4 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 5 Cheese Pizza, Salad, Cucumber, Pears |
| 8 Pasta with Shrimp, Salad, Apples | 9 Hotdog, Baked French Fries Salad, Grapes | 10 Chicken with Pita Bread Salad, Peaches | 11 Beef & Bean Chili with Pita Bread, Mixed Fruits | 12 Cheese Pizza, Salad, Cucumber, Pears |
| 15 Chicken with Rice Hummus, Grapes | 16 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 17 Meatballs in Pasta Garlic Bread, Salad, Peaches | 18 Fried Chicken Macaroni & Cheese Salad, Apples | 19 Cheese Pizza, Salad, Cucumber, Pears |
| 22 Chicken Sandwich, Baked French Fries, Apples | 23 Fish and Rice, Veggie baked navy beans, Peaches | 24 Grilled Chicken Burger Carrots, Grapes | 25 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 26 Cheese Pizza, Salad, Cucumber, Pears |
| 29 Pasta with Shrimp, Salad, Apples | 30 Hotdog, Baked French Fries Salad, Grapes | 31 Chicken with Pita Bread Salad, Peaches | | |



Power up with protein

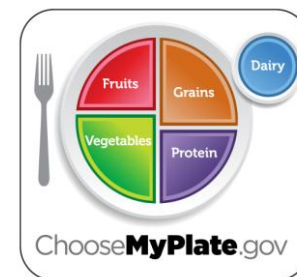
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Get your protein from seafood based foods, too.



Lunch Menu June 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | | 1 Beef & Bean Chili with Pita Bread, Mixed Fruits | 2 Cheese Pizza, Salad, Cucumber, Pears |
| 5 Chicken with Rice Hummus, Grapes | 6 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 7 Meatballs in Pasta Garlic Bread, Salad, Peaches | 8 Fried Chicken Macaroni & Cheese Salad, Apples | 9 Cheese Pizza, Salad, Cucumber, Pears |
| 12 Chicken Sandwich, Baked French Fries, Apples | 13 Fish and Rice, Veggie baked navy beans, Peaches | 14 Grilled Chicken Burger Carrots, Grapes | 15 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 16 Cheese Pizza, Salad, Cucumber, Pears |
| 19 Pasta with Shrimp, Salad, Apples | 20 Hotdog, Baked French Fries Salad, Grapes | 21 Chicken with Pita Bread Salad, Peaches | 22 Beef & Bean Chili with Pita Bread, Mixed Fruits | 23 Cheese Pizza, Salad, Cucumber, Pears |
| 26 Chicken with Rice Hummus, Grapes | 27 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 28 Meatballs in Pasta Garlic Bread, Salad, Peaches | 29 Fried Chicken Macaroni & Cheese Salad, Apples | 30 Cheese Pizza, Salad, Cucumber, Pears |



Power up with protein

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef, skinless chicken or turkey.

Get your protein from seafood based foods, too.



Lunch Menu July 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| 3 Chicken with Rice Humus, Grapes | 4 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 5 Meatballs in Pasta Garlic Bread, Salad, Peaches | 6 Fried Chicken Macaroni & Cheese Salad, Apples | 7 Cheese Pizza, Salad, Cucumber, Pears |
| 10 Chicken Sandwich, Baked French Fries, Apples | 11 Fish and Rice, Veggie baked navy beans, Peaches | 12 Grilled Chicken Burger Carrots, Grapes | 13 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 14 Cheese Pizza, Salad, Cucumber, Pears |
| 17 Pasta with Shrimp, Salad, Apples | 18 Hotdog, Baked French Fries Salad, Grapes | 19 Chicken with Pita Bread Salad, Peaches | 20 Beef & Bean Chili with Pita Bread, Mixed Fruits | 21 Cheese Pizza, Salad, Cucumber, Pears |
| 24 Chicken with Rice Humus, Grapes | 25 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 26 Meatballs in Pasta Garlic Bread, Salad, Peaches | 27 Fried Chicken Macaroni & Cheese Salad, Apples | 28 Cheese Pizza, Salad, Cucumber, Pears |
| 31 Pasta with Shrimp, Salad, Apples | | | | |



Power up with protein

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef, skinless chicken or turkey.

Get your protein from seafood based foods, too.



Lunch Menu August 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | 1 Hotdog, Baked French Fries Salad, Grapes | 2 Chicken with Pita Bread Salad, Peaches | 3 Beef & Bean Chili with Pita Bread, Mixed Fruits | 4 Cheese Pizza, Salad, Cucumber, Pears |
| 7 Chicken with Rice Hummus, Grapes | 8 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 9 Meatballs in Pasta Garlic Bread, Salad, Peaches | 10 Fried Chicken Macaroni & Cheese Salad, Apples | 11 Cheese Pizza, Salad, Cucumber, Pears |
| 14 Chicken Sandwich, Baked French Fries, Apples | 15 Fish and Rice, Veggie baked navy beans, Peaches | 16 Grilled Chicken Burger Carrots, Grapes | 17 Whole Wheat Pasta and Chicken Baked French Fries, Dates | 18 Cheese Pizza, Salad, Cucumber, Pears |
| 21 Pasta with Shrimp, Salad, Apples | 22 Hotdog, Baked French Fries Salad, Grapes | 23 Chicken with Pita Bread Salad, Peaches | 24 Beef & Bean Chili with Pita Bread, Mixed Fruits | 25 Cheese Pizza, Salad, Cucumber, Pears |
| 28 Chicken with Rice Hummus, Grapes | 29 Grilled Beef with Pita Bread Green, Red Peppers, Onions Mashed Potatoes, Mixed Fruit | 30 Meatballs in Pasta Garlic Bread, Salad, Peaches | 31 Fried Chicken Macaroni & Cheese Salad, Apples | |



Power up with protein

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef, skinless chicken or turkey.

Get your protein from seafood based foods, too.