



## Lunch Menu September 2017

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

Choice of Low Fat White and Fat Free Chocolate milk is available every day



## Lunch Menu October 2017

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



**Enjoy your food, but eat less**

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

**Energize with grains**

Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

Choice of Low Fat White and Fat Free Chocolate milk is available every day



## Lunch Menu November 2017

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

Choice of Low Fat White and Fat Free Chocolate Milk is available every day



## Lunch Menu December 2017

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



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## Lunch Menu January 2018

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



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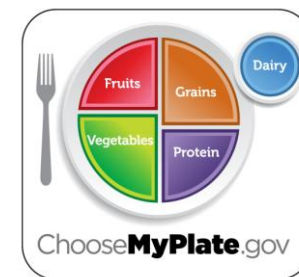
Get your protein from seafood based foods, too.

Choice of Low Fat White and Fat Free Chocolate Milk is available every day



## Lunch Menu February 2018

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		



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## Lunch Menu March 2018

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

Choice of Low Fat White and Fat Free Chocolate Milk is available every day



## Lunch Menu April 2018

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



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Get your protein from seafood based foods, too.

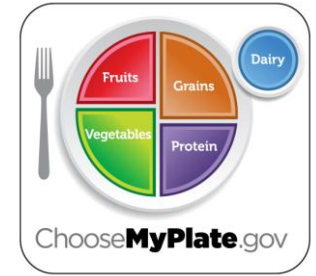
Choice of Low Fat White and Fat Free Chocolate Milk is available every day





## Lunch Menu May 2018

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



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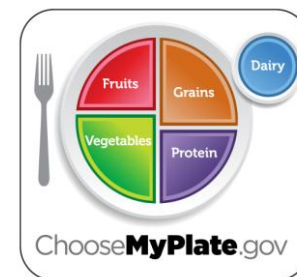
Get your protein from seafood based foods, too.

Choice of Low Fat White and Fat Free Chocolate Milk is available every day



## Lunch Menu June 2018

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



### Power up with protein

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Get your protein from seafood based foods, too.

Choice of Low Fat White and Fat Free Chocolate Milk is available every day



## Lunch Menu July 2018

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



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Get your protein from seafood based foods, too.

Choice of Low Fat White and Fat Free Chocolate Milk is available every day



## Lunch Menu August 2018

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



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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.

Choice of Low Fat White and Fat Free Chocolate Milk is available every day