

Cycle 1
Sept-Oct-Nov



Monday	Tuesday	Wednesday	Thursday	Friday
Pizza	Veggie & Cheese Quesadillas Side Salad Fresh Fruit Milk	Multigrain Pancakes Hashbrowns Veggie sausage Link Fresh Fruit Milk	Nachos Celery & carrot sticks Fresh Fruit Milk	Bring your own
Pizza	Hot Dogs on wheat bun Popcorn or Home-baked tortilla chips Carrot & Celery sticks Fresh Fruit Milk	Baked Ziti Side Salad Fresh Fruit Milk	Teriyaki Stir Fry Brown Rice Fresh Fruit Milk	Bring your own
Pizza	Veggie burgers on multigrain a bun Popcorn Fresh Fruit Milk	Vegetable Quiche Side Salad Fresh Fruit Milk	Broccoli Cheese Soup Dinner Roll Side Salad Fresh Fruit Milk	Bring your own
Pizza	Hummus Wrap Popcorn or Home-baked tortilla chips Fresh Fruit Milk	Baked Chicken Nuggets Roasted potatoes Celery & Carrots Fresh Fruit Milk	Pasta with Marinara Sauce Side Salad Fresh Fruit Milk	Bring your own

Cycle 2
Dec-Jan-Feb



Monday	Tuesday	Wednesday	Thursday	Friday
Pizza	Chinese Chow Mein Baked Egg Roll Fresh Fruit Milk	Breakfast Burrito Side Salad Fresh Fruit Milk	Macaroni & Cheese Side Salad Fresh Fruit Milk	Bring your own
Pizza	Vegetable Quiche Side Salad Fresh Fruit Milk	3-Bean Vegetable Chili Cornbread Fresh Fruit Milk	Grilled Cheese Carrots & Celery Sticks Fresh Fruit Milk	Bring your own
Pizza	Vegetable Lasagna Garlic bread Fresh Fruit Milk	Baked Chicken Nuggets Roasted Potatoes Celery & Carrots Fresh Fruit Milk	Nachos Celery & Carrot Sticks Fresh Fruit Milk	Bring your own
Pizza	Bean & Cheese Enchiladas Home-baked tortilla chips Fresh Fruit Milk	Linguini Alfredo Side Salad Fresh Fruit Milk	Roasted Vegetable Sandwich Home-baked tortilla chips Fresh Fruit Milk	Bring your own

Cycle 3
Mar-Apr-May



Monday	Tuesday	Wednesday	Thursday	Friday
Pizza	Teriyaki Stir Fry Brown Rice Fresh Fruit Milk	Bean & Rice Stacks Carrots & Celery Fresh Fruit Milk	Egg Foo Young Baked Egg Roll Fresh Fruit Milk	Bring your own
Pizza	Veggie Pita Pockets Popcorn or Home-baked tortilla chips Fresh Fruit Milk	Minestrone Soup Dinner Roll or Crackers Fresh Fruit Milk	French Toast Hash Browns Veggie Sausage Link Fresh Fruit Milk	Bring your own
Pizza	Hot Dogs on what bun Popcorn or Home-baked tortilla chips Carrots & Celery Fresh Fruit Milk	Squiggly Noodles Carrot & Celery Sticks Fresh Fruit Milk	Pasta Primavera Garlic Bread Fresh Fruit Milk	Bring your own
Pizza	Vegetable Fried Rice Baked Egg Roll Fresh Fruit Milk	Vegetable Quiche Side Salad Fresh Fruit Milk	Veggie Burgers Popcorn or Home-baked tortilla chips Fresh Fruit Milk	Bring your own