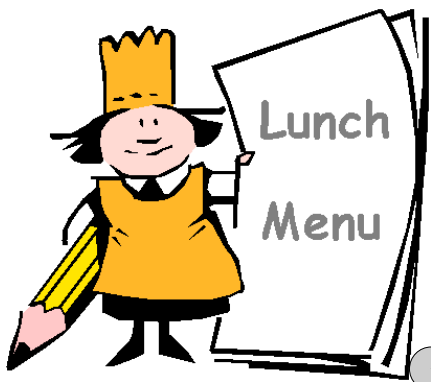


All students will be offered 5 components at lunch: meat/protein, bread/grain, fruit, vegetables, and milk. Students **must** select a ½ cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components.

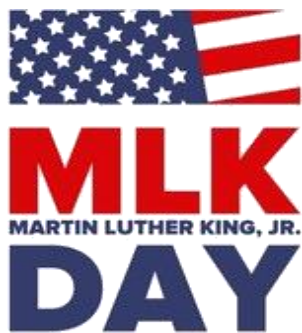


**9**  
**Chicken Corn Dogs**  
**Yogurt & Graham Crackers**  
 Seasoned Black Beans  
 Romaine Salad  
 Pears  
 Ranch Dressing  
 Catsup  
 Mustard

**10**  
**Teriyaki Beef Dippers**  
**w/Rice Yogurt & Graham Crackers**  
 Romaine Salad  
 Fresh Broccoli  
 Grapes  
 Peaches  
 Ranch Dressing

**11**  
**Green Chicken Pozole**  
**w/Tortilla Chips**  
 Yogurt & Graham Crackers  
 Shredded Cabbage  
 Lemons  
 Mixed Fruit  
 Carrot Sticks

**12**  
**Fish Sticks w/Honey Belly Bears**  
**Yogurt & Graham Crackers**  
 French Fries  
 Romaine Salad  
 Apples  
 Catsup  
 Ranch Dressing



**16**  
**Chicken Sandwich**  
**Yogurt & Graham Crackers**  
 BBQ Beans  
 Mixed Vegetables  
 Pears  
 Ranch Dressing  
 Catsup  
 Mustard

**17**  
**Spaghetti w/Beef Sauce & Roll**  
**Yogurt & Graham Crackers**  
 Romaine Salad  
 Grape Tomatoes  
 Grapes  
 Applesauce  
 Ranch Dressing

**18**  
**Chicken & Cheese Fajitas**  
**w/Rice & Tortilla**  
**Yogurt & Graham Crackers**  
 Romaine Salad  
 Corn  
 Orange Wedges  
 Ranch Dressing  
 Salsa

**19**  
**Turkey & Cheese Grinders**  
**Yogurt & Graham Crackers**  
 Romaine Salad  
 Apples  
 Berry-Berry Blue Slush  
 Sandwich Spread  
 Ranch Dressing

**22**  
**3-Bean Deluxe Nachos**  
**w/Cheese**  
**Yogurt & Graham Crackers**  
 Romaine Salad  
 Jicama Sticks  
 Apple  
 Ranch Dressing  
 Salsa

**23**  
**Red Beef Enchilada Casserole**  
**Yogurt & Graham Crackers**  
 Seasoned Black Beans  
 Romaine Salad  
 Banana  
 Ranch Dressing  
 Salsa

**24**  
**Popcorn Chicken & Cheez-Its**  
**Yogurt & Graham Crackers**  
 Romaine Salad  
 Grape Tomatoes  
 Grapes  
 Ranch Dressing  
 Catsup

**25**  
**Turkey Gravy w/Mashed Potatoes & Roll**  
**Yogurt & Graham Crackers**  
 Romaine Salad  
 Frozen Strawberries  
 Ranch Dressing

**26** Nat'l Chocolate Cake Day  
**Cheeseburgers**  
**Yogurt & Graham Crackers**  
 Chocolate Cake w/Frosting & Chocolate Chips  
 Romaine Salad  
 Carrot Sticks  
 Apples  
 Ranch Dressing  
 Catsup  
 Mustard

**29**  
**Quesadillas**  
**Yogurt & Graham Crackers**  
 Seasoned Pinto Beans  
 Romaine Salad  
 Apples  
 Ranch Dressing  
 Salsa

**30**  
**Orange Chicken w/Chow Mein**  
**Yogurt & Graham Crackers**  
 Romaine Salad  
 Fresh Broccoli  
 Banana  
 Pears  
 Ranch Dressing

**31**  
**Turkey Tacos**  
**Yogurt & Graham Crackers**  
 Shredded Lettuce  
 Grapes  
 Jicama Sticks  
 Ranch Dressing  
 Salsa

