



Monday	Tuesday	Wednesday	Thursday	Friday
Included FREE in Every Meal: *Garden Fresh Salad Bar * Fresh Fruit Choice *Low-Fat Milk * Crisp Romaine Lettuce * Crunchy Organic Baby Carrots * Delightful Cherry Tomatoes * Hearty Beans * Snow Peas * Snap Peas * Refreshing Crisp Cucumbers * Organic Spinach * Green Peppers * Kale * Broccoli * Cauliflower * Seasonal Produce * Tofu * Quinoa * Organic Apples * Pears * Bananas * Plums We also cheerfully make our Daily Entrée without meat as a vegetarian meal, no additional fee! Healthy, Calcium Rich, Non-Dairy Refreshments may be purchased for your enjoyment a la Carte. Almond or Soy Milk is available free to students' with a medical note. Vegan options are noted by V.				
				1 Assorted Flavors of Whole Grain Pizza Fresh Steamed Green Beans
4 OPTIONAL MEATLESS MONDAY Cuban Black Beans(V) Jerk Chicken Organic Brown Rice Carrots and W. G. Roll	5 Turkey Taco Veggie Taco (V) Whole Grain Tortilla Steamed Corn	6 Baked Potato(V) Baked Sweet Potato(V) Turkey Chili Whole Grain Cracker Or Corn Bread	7 Turkey Subs Hummus Subs Whole Grain Bun Organic Spinach and Assorted Fresh Veggies	8 Assorted Flavors of Whole Grain Pizza Fresh Steamed Broccoli
11 MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	12 Chicken Burrito Bowl with Corn Salsa Whole Grain Quinoa and Tortilla Veggie Option Avail.	13 Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots Café Bread	14 BBQ Chicken BBQ Tofu(V) Whole Grain Bun Fresh Steamed Broccoli	15 Teacher In Service No School For Students
18 President's Day No School	19 Healthy Asian Chicken or Tofu Lettuce Wrap Organic Brown Rice Steamed Carrots	20 Grass Fed Beef Burger Veggie Burger(V) Whole Grain Bun Lettuce and Tomato	21 Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn	22 Assorted Flavors of Whole Grain Pizza Fresh Steamed Broccoli
25 OPTIONAL MEATLESS MONDAY Cuban Black Beans(V) Jerk Chicken Organic Brown Rice Carrots and W. G. Roll	26 Turkey Taco Veggie Taco (V) Whole Grain Tortilla Steamed Corn	27 Baked Potato(V) Baked Sweet Potato(V) Turkey Chili Whole Grain Cracker Or Corn Bread	28 Turkey Subs Hummus Subs Whole Grain Bun Organic Spinach and Assorted Fresh Veggies	
Breakfast Daily: \$1.00, (**Reduced Price \$.30) Breakfast Weekly: \$5.00				
Whole Grain Waffle or Whole Grain Barley With Fresh Fruit Compote Greek Yogurt	Farm Fresh Scrambled Eggs Whole Grain Toast Orange Juice	Whole Grain Cinnamon Oatmeal Roasted Potatoes Turkey Sausage	Whole Grain Breakfast Burrito w/ Turkey Sausage, Egg And Cheese Fresh Salsa	Assorted Whole Grain Cereal Fresh Baked Muffin Cheese Stick
Daily Lunch Prices				
Elementary: PreK - 5: \$2.50 (**Reduced Price \$.40) Weekly: \$12.50 Adults \$3.50	OPA and Jr Sr High NO COST FOR STUDENTS Adults \$3.50	A la Carte (extras): \$.50—\$2.00 Check Café Menu Board for full daily list of options.	Soy Milk \$1.00 8 Oz Almond Milk \$1.00 8 oz Frozen Unsweetened Fruit Sorbet \$0.50 Fruit Muffin \$0.50	
<small>**Free and Reduced prices are for students who qualify for either a free or a price-reduced meal according to the Federal National School Lunch Program. *The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (**^*) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication 1400 Independence Avenue, SW Washington, DC 20250-9410, by fax (@)@ 690-7442 or email at program.intake@usda.gov USDA is an equal opportunity provider and employer. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). Menu is subject to change due to availability.</small>				

