January 2013

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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  | 1 Center Closed | 2 (Veg) | 3 | 4 | 5 | 6 |
|  | Happy New Year! | Cheese Ravioli, Marinara, Fresh Vegetable, Fresh Fruit | Oven Fried Tilapia, Fresh Fruit, Fresh Vegetable | Pasta,(Whole Wheat), Meatballs,(Turkey), Fresh Fruit, Fresh Vegetable |  |  |
| 7 | 8 (Veg) | 9 (New) | 10 (Vegan) | 11 (Veg) | 12 | 13 |
| Meatloaf,(Turkey), Fresh Fruit, Fresh Vegetable | Mac & Cheese, Fresh Fruit, Fresh Vegetable | Chicken Fried Rice, Fresh Fruit, Fresh Vegetable | Almond Butter and Strawberry Preserves on Whole Wheat Fresh Fruit and Vegetable (sack lunch) | Cheese Pizza, Fresh Fruit, Fresh, Fresh Vegetable |  |  |
| 14 (Veg) | 15 | 16 | 17 | 18 (Veg) | 19 | 20 |
| Bean and Cheese Burrito, Fresh Fruit, Fresh Vegetable | Oven Fried Chicken, Fresh Fruit, Fresh Vegetable | Fish Tacos, Fresh Fruit, Fresh Vegetable | Turkey Burger, Sweet Potato Fries, Fresh Fruit | Grilled Cheese, Fresh Fruit, Fresh Vegetable |  |  |
| 21 | 22 (Veg) | 23 | 24 (Vegan) | 25 | 26 | 27 |
| Martin Luther King DayCenter Closed | Cheese Enchiladas, Rice, Beans, Fresh Fruit | Chili, (Turkey), Fresh Fruit, Fresh Vegetable | Pasta Prima Vera, Fresh Fruit, Garlic Bread | Grilled Chicken Breast, Fresh Fruit, Fresh Vegetable |  |  |
| 28 (Veg) (New) | 29 (New) | 30 | 31(New) |  |  |  |
| Mexican Lasagna, Fresh Fruit, Fresh Vegetable | Fish Sandwich, Sweet Potato Fries, Fresh Fruit | Meatball Sub, (Turkey), Fresh Fruit, Fresh Vegetable | Chicken Kabob, Rice with Fresh Vegetables, Fresh Fruit |  |  |  |
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February 2013

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  | 1(Vegan) | 2 | 3 |
|  |  |  |  | Spaghetti Marinara, Garlic Bread, fresh Fruit, Fresh Vegetable. |  |  |
| 4(new) | 5 | 6(new) | 7(veg) (new) | 8(new) | 9 | 10 |
| Baked Cod, Fresh Fruit, Fresh Vegetable | Cheese Pizza on Whole Wheat Crust, Fresh Fruit, Fresh Vegetable | Cheese Enchiladas, Spanish Rice, Fresh Fruit | Grilled Cheese and Tomato Soup, Fresh Fruit, Fresh Vegetable. | Pasta Prima Vera, Fresh Fruit, Fresh Vegetable |  |  |
| 11 | 12(veg) | 13(veg) | 14(new) | 15(veg) | 16 | 17 |
| Chicken Fingers, Sweet Potato Fries, Fresh Fruit | Mexican Lasagna, Fresh Fruit, Fresh Vegetable | **Eat in classroom**Almond Butter and Fruit Spread on Whole Grain, Fresh Fruit, Fresh Vegetable | Happy Valentine’s Day!Turkey Nachos, Fresh Fruit, Fresh Vegetable, Cup Cakes | Veggie Burger, Sweet Potato Fries, Fresh Fruit |  |  |
| 18Closed in service | 19(new) | 20(new) | 21 | 22 | 23 | 24 |
|  | Cheese and Turkey Sausage Calzone, Fresh Fruit, Fresh Vegetable | **Eat in classroom**Turkey and Cheese on Whole Wheat, Fresh Fruit, Fresh Vegetable | Snow day | Snow day |  |  |
| 25(veg) | 26(veg) | 27(new) | 28(new) | 1(new) |  |  |
| Mac and Cheese, Corn Bread, Fresh Fruit | Chili Mac, Fresh Fruit, Fresh Vegetable | **Eat in classroom**California Wrap, Fresh Fruit, Fresh Vegetable | Sweet and Sour Chicken, Jasmine Rice, Fresh Fruit | Grilled Chicken Salad Sub, Fresh Fruit, Fresh Vegetable |  |  |
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March 2013

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  | 1(new) | 2 | 3 |
|  |  |  |  | Grilled Chicken Salad Sub, Fresh Fruit, Fresh Vegetable |  |  |
| 4 | 5(veg) | 6(veg) | 7(veg) | 8Pajama Day! veg | 9 | 10 |
| Oven Fried Tilapia, Fresh Fruit, Fresh Vegetable | Cheese Enchiladas, Rice, Fresh Fruit | Grilled Cheese, Tomato Soup, Fresh Fruit | Baked Pasta, Fresh Fruit, Fresh Vegetable | Cheese Pizza, Fresh Fruit, Fresh Vegetable |  |  |
| 11 | 12(veg) | 13(veg) | 14 | 15 Green Day! | 16 | 17 |
| Turkey Chili, Cornbread, Fresh Fruit | Mac & Cheese, Fresh Fruit, Fresh Vegetable | Almond Butter and Strawberry Spread on Whole Wheat, Fresh Fruit, Fresh Vegetable | Turkey Tacos, Fresh Fruit, Fresh Vegetable | Chicken Wrap(spinach tortilla), Green Beans, Green Grapes |  |  |
| 18Closed | 19 Closed | 20 Closed | 21 Closed | 22 Closed | 23 | 24 |
| Spring Break | Spring Break | Spring Break | Spring Break | Spring Break |  |  |
| 25(veg) | 26Pancake Day! | 27 | 28 | 29(new) | 30 | 31 |
| Mexican Lasagna, Fresh Fruit, Fresh Vegetable | Pancakes, Turkey Sausage, Fresh Fruit | Turkey Burger, Sweet Potato Fries, Fresh Fruit | Baked Spaghetti and Turkey Meatballs, Fresh Fruit, Fresh Vegetable | Chicken Sausage and Lentils, Fresh Fruit, Fresh Vegetble |  |  |
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April 2013

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1  | 2 Veg. | 3 Veg. | 4 | 5 | 6 | 7 |
| Meatball(turkey) Sub, fresh Fruit, Fresh Vegetable | Cheese Enchiladas, Rice, Beans,Fresh Fruit | Cheese Pizza, Fresh Fruit, Fresh Vegetable | Oven Fried Fish, Fresh Fruit, Fresh Vegetable | Grilled Chicken Breast, Fresh Fruit, Fresh Vegetable |  |  |
| 8 Veg. | 9 | 10 Veg. | 11 | 12 | 13 | 14 |
| Cheese Ravioli, Fresh Fruit, Fresh Vegetable | Turkey Chili Mac, Fresh Fruit, Fresh Vegetables | Grilled Cheese, Tomato Soup, Fresh Fruit | Mexican Lasagna, Fresh Fruit, Fresh Vegetable | Oven Fried Chicken, Fresh Fruit, Fresh Vegetable |  |  |
| 15 box lunch | 16  | 17 | 18 | 19 Veg. | 20 | 21 |
| Chicken Wrap, Fresh Fruit, Fresh Vegetable | Pancakes, Fresh Fruit, Turkey Sausage | Soft Tacos, Spanish Rice, Fresh Fruit | Baked Spaghetti and Turkey Meatballs, Fresh Fruit, Fresh Vegetable | Mac & Cheese, Fresh Fruit, Fresh Vegetable |  |  |
| 22 box lunch Veg. | 23 Veg. | 24 Veg. | 25 | 26 | 27 | 28 |
| Almond Butter and Strawberry Spread on Whole Wheat, Fresh Fruit, Fresh Vegetable | Spaghetti Marinara, Garlic Bread, Fresh Fruit | Bean & Cheese Burrito, Spanish Rice, Fresh Fruit | Turkey Burger, Sweet Potato Fries, Fresh Fruit | Fish Tacos, Fresh Fruit, Fresh Vegetables |  |  |
| 29 Veg. | 30 Veg. |  |  |  |  |  |
| Cheese Calzones, Fresh Fruit, Fresh Vegetables | Baked Pasta, Fresh Fruit, Fresh Vegetables |  |  |  |  |  |
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May 2013

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  | 1eg) | 2 | 3 | 4 | 5 |
|  |  | Cheese Enchiladas, Rice, Fresh Fruit(v | Grilled Chicken Wrap, Fresh Fruit, Fresh Vegetable | Turkey Meatball Sub, Fresh Fruit, Fresh Vegetable |  |  |
| 6 Cinco de Mayo | 7 (veg) | 8 (veg) | 9 | 10 | 11 | 12 |
| Turkey Tacos, Rice, Beans, Fresh Fruit | Grilled Cheese, Tomato Soup, Fresh Fruit | Spaghetti Marinara, Garlic Bread, Fresh Fruit | Turkey Burger, Sweet Potato Fries, Fresh Fruit | Mexican Lasagna, Fresh Fruit, Fresh Vegetable |  |  |
| 13 | 14 | 15Nat. Choc. Chip Day | 16 (veg) | 17 (veg) | 18 | 19 |
| Oven Fried Tilapia, Fresh Fruit, Fresh Vegetable | Chili Mac, Fresh Fruit, Fresh Vegetable | Chocolate Chip Pancakes, Turkey Sausage, fresh Fruit | Cheese Ravioli, Fresh Fruit, Fresh Vegetable | Cheese Pizza on Whole Wheat Crust, Fresh Fruit, Fresh Vegetable |  |  |
| 20 Eat in Classroom | 21 (veg) | 22 new | 23 | 24 in service | 25 | 26 |
| Almond Butter and Strawberry Spread on Whole Wheat, Fresh Fruit, Fresh Vegetable | Baked Pasta, Fresh Fruit, Fresh Vegetables | Turkey on Whole Wheat, Fresh Fruit, Fresh Vegetable | Fish Sandwich, Sweet Potato Fries, Fresh Fruit |  |  |  |
| 27 closed | 28 (veg) | 29 | 30 (veg) | 31 |  |  |
| Memorial Day | Mac and Cheese, Corn Bread, Fresh Fruit | Oven Fried Chicken, Fresh Fruit, Fresh Vegetable | Bean & Cheese Burrito, Spanish Rice, Fresh Fruit | Grilled Chicken Breast, Fresh Fruit, Fresh Vegetable |  |  |
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June 2013

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 3 | 4 (veg) | 5 | 6 | 7 (veg) | 8 | 9 |
| Baked Spaghetti and Turkey Meatballs, Fresh Fruit, Fresh Vegetable | Grilled Cheese, Tomato Soup, Fresh Fruit | Grilled Chicken Wrap, Fresh Fruit, Fresh Vegetable | Oven Fried Chicken, Fresh Fruit, Fresh Vegetable | Cheese Pizza on Whole Wheat Crust, Fresh Fruit, Fresh Vegetable |  |  |
| 10 Breakfast-Lunch  | 11 (veg) | 12 | 13 (veg) | 14 | 15 | 16 |
| Pancakes, Fresh Fruit, Turkey Sausage | Cheese Enchiladas, Rice, Fresh Fruit, Fresh Vegetable | Chili Mac, Fresh Fruit, Fresh Vegetable | Spaghetti Marinara, Garlic Bread, Fresh Fruit | Turkey Burger, Sweet Potato Fries, Fresh Fruit |  |  |
| **17** Today is Eat (veg) | 18 Your (veg) | 19 Vegetable (veg) | 20Day (veg) | 21 YUM! (veg) | 22 June 17 ! | 23 Yum ! |
| Fresh Tomato, Basil, Whole Grain Spaghetti, Red Grapes, Green Beans  | Cheese Pizza, Fresh Fruit, Fresh Vegetable | Cheese Ravioli, Fresh Fruit, Fresh Vegetable | Bean & Cheese Burrito, Spanish Rice, Fresh Fruit | Mac and Cheese, Corn Bread, Fresh Fruit |  |  |
| 24 Camping | 25 Week | 26 Picnic (veg) | 27 Is (veg) | ***28*** Today ! | 29 | 30 |
| Chicken Fingers, Sweet Potato Fries, Fresh Fruit | Baked Chicken, Fresh Fruit, Fresh Vegetable | Spaghetti Marinara, Garlic Bread, Fresh Fruit | Almond Butter and Strawberry Spread on Whole Wheat, Fresh Fruit, Fresh Vegetable | Nitrate Free Hot Dog, Sweet Potato Chips, Watermelon Slice |  |  |
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July 2013

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Closed summer break | Closed summer break | Closed summer break | Closed summer break | Closed summer break |  |  |
| 8 Breakfast for Lunch! | 9 Veg | 10 Veg | 11 | 12 Veg | 13 | 14 |
| Pancakes, Fresh Fruit, Turkey Sausage | Cheese Pizza on Whole Wheat Crust, Fresh Fruit, Fresh Vegetable | Baked Pasta, Fresh Fruit, Fresh Vegetables | Turkey Burger, Sweet Potato Fries, Fresh Fruit | Mac & Cheese, Fresh Fruit, Fresh Vegetable |  |  |
| 15 Cow Appreciation Day | 16 | 17 | 18 | 19 Veg | 20 | 21 |
| Oven Fried Chicken, Fresh Fruit, Fresh Vegetable | Mexican Lasagna, Fresh Fruit, Fresh Vegetable | Baked Spaghetti and Turkey Meatballs, Fresh Fruit, Fresh Vegetable | Turkey Chili Mac, Fresh Fruit, Fresh Vegetables | Cheese Enchiladas, Rice, Fresh Fruit, Fresh Vegetable |  |  |
| 22 Veg | 23  | 24 Veg | 25 Veg | 26 | 27 | 28 |
| Baked Spaghetti Marinara, Garlic Bread, Fresh Fruit | Turkey Tacos, Rice, Beans, Fresh Fruit | Bean & Cheese Burrito, Spanish Rice, Fresh Fruit | Grilled Cheese, Tomato Soup, Fresh Fruit | Grilled Chicken Wrap, Fresh Fruit, Fresh Vegetable |  |  |
| 29 Veg | 30  | 31Grilling Day |  |  |  |  |
| Almond Butter and Raspberry Spread on Whole Wheat, Fresh Fruit, Fresh Vegetable | Oven Fried Tilapia, Fresh Fruit, Fresh Vegetable | Grilled Chicken, Grilled Corn, Fresh Fruit |  |  |  |  |
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August 2013

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  | 1 veg | 2 veg | 3 | 4 |
|  |  |  | Mac & Cheese, Fresh Fruit, Fresh Vegetable | Bean & Cheese Burrito, Spanish Rice, Fresh Fruit |  |  |
| 5 veg | 6 | 7 | 8 | 9 veg | 10 | 11 |
| Grilled Cheese, Tomato Soup, Fresh Fruit | Baked Chicken, Fresh Fruit, Fresh Vegetable | Turkey Tacos, Rice, Beans, Fresh Fruit | Baked Spaghetti and Turkey Meatballs, Fresh Fruit, Fresh Vegetable | Cheese Pizza on Whole Wheat Crust, Fresh Fruit, Fresh Vegetable |  |  |
| 12 | 13 veg | 14 | 15 veg | 16 | 17 | 18 |
| Mexican Lasagna, Fresh Fruit, Fresh Vegetable | Almond Butter and Raspberry Spread on Whole Wheat, Fresh Fruit, Fresh Vegetable | Grilled Chicken Wrap, Fresh Fruit, Fresh Vegetable | Spaghetti Marinara, Garlic Bread, Fresh Fruit | Oven Fried Tilapia, Fresh Fruit, Fresh Vegetable |  |  |
| 19 | 20 Breakfast for Lunch! | 21 veg | 22 in service | 23 in service | 24 | 25 |
| Oven Fried Chicken, Fresh Fruit, Fresh Vegetable | Pancakes, Fresh Fruit, Turkey Sausage | Baked Pasta, Fresh Fruit, Fresh Vegetables | No food service | No food service |  |  |
| 26 | 27 veg | 28  | 29 veg | 30 | 31 |  |
| Turkey Burger, Sweet Potato Fries, Fresh Fruit | Cheese Ravioli, Fresh Fruit, Fresh Vegetable | Meatball(turkey) Sub, fresh Fruit, Fresh Vegetable | Cheese Enchiladas, Rice, Beans,Fresh Fruit | Fish Sandwich, Sweet Potato Fries, Fresh Fruit |  |  |
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September 2013

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 2 Labor Day | 3 | 4 Veg | 5 Nat. Cheese Pizza Day! | 6 | 7 | 8 |
| No School | Turkey Tacos, Rice, Beans, Fresh Fruit | Almond Butter and Raspberry Spread on Whole Wheat, Fresh Fruit, Fresh Vegetable | Cheese Pizza, Fresh Fruit, Fresh Vegetable | Mexican Lasagna, Fresh Fruit, Fresh Vegetable |  |  |
| 9 Veg | 10 | 11 Veg | 12 Veg | 13 | 14 | 15 |
| Mac & Cheese, Fresh Fruit, Fresh Vegetable | Oven Fried Chicken, Fresh Fruit, Fresh Vegetable | Baked Pasta, Fresh Fruit, Fresh Vegetables | Grilled Cheese, Tomato Soup, Fresh Fruit | Oven Fried Tilapia, Fresh Fruit, Fresh Vegetable |  |  |
| 16 | 17 | 18 Veg | 19 | 20 Breakfast for Lunch! | 21 | 22 |
| Baked Chicken, Fresh Fruit, Fresh Vegetable | Baked Pasta and Turkey Meatballs, Fresh Fruit, Fresh Vegetable | Cheese Enchiladas, Rice, Beans,Fresh Fruit | Turkey Chili, Cornbread, Fresh Fruit | Pancakes, Fresh Fruit, Turkey Sausage |  |  |
| 23 Veg | 24 | 25 Veg | 26 | 27 | 28 | 29 |
| Cheese Ravioli, Fresh Fruit, Fresh Vegetable | Oven Fried Chicken, Fresh Fruit, Fresh Vegetable | Bean & Cheese Burrito, Spanish Rice, Fresh Fruit | Grilled Chicken Wrap, Fresh Fruit, Fresh Vegetable | Meatball(turkey) Sub, fresh Fruit, Fresh Vegetable |  |  |
| 30 New |  |  |  |  |  |  |
| BBQ Chicken Breast, Fresh Fruit, Fresh Vegetable |  |  |  |  |  |  |

October 2013

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
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| 28 | 29 | 30 | 31 |  |  |  |
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November 2013

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
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| 25 | 26 | 27 | 28 | 29 | 30 |  |
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December 2013

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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
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| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
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| 30 | 31 |  |  |  |  |  |
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