

# 9-12 Menu with Smarter Lunchroom Names

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Oven Baked Chicken</b> Colorful Curried Rice Vitamin-Rich Steamed Broccoli Mandarin Oranges Apple Crisp Milk Choice</p>	<p><b>Sloppy Joe on a Bun</b> Crunchy Carrots and Celery with Creamy Hummus Dip Fresh Green Grapes Canned Pineapple Baked Chips** Milk Choice</p>	<p><b>Loaded Pork Tacos</b> Fiesta Refried Beans Golden Corn Sliced Pears Fresh Melon Cup Chocolate Pudding** Milk Choice</p>	<p><b>Savory Spaghetti &amp; Meat Sauce</b> Breadstick Crisp Green Salad Sliced Peaches Banana Milk Choice</p>	<p><b>Sweet and Sour Chicken and Rice Bowl</b> Asian Medley Vegetables Apple Slices Strawberry Cup Snickerdoodle Milk Choice</p>
<p><b>Philly Chicken Sub</b> Crunchy Carrot Sticks with Dip French Fries Canned Pineapple Fresh Melon Cup Milk Choice</p>	<p><b>Cheesy Omelet with Salsa</b> Harvest Apple Muffin Superb Sweet Potato Tots Canned Pears Smooth Yogurt and Crunchy Granola Milk Choice</p>	<p><b>Chicken Nuggets</b> Creamy Butternutty Mac &amp; Cheese Fresh Garden Salad Strawberry Cup Canned Peaches Milk Choice</p>	<p><b>Hamburger on a Bun</b> Tangy Apple Cranberry Coleslaw Texas-style Baked Beans Toasted Potato Wedges Fruit Cocktail Milk Choice</p>	<p><b>Italian Seasoned Stromboli with Marinara Sauce</b> Steamed Green Beans Citrus Fruit Cup Oatmeal Cookie Milk Choice</p>
<p><b>Toasted Cheese Sandwich</b> Mouth-Watering Minestrone Soup Cottage Cheese Oven Roasted Potato Wedges Fresh Pear Pineapple Chunks Milk Choice</p>	<p><b>Creamy Chicken Alfredo</b> Cheesy Garlic Bread Vibrant Green Peas Cherr-ific Salad Vanilla Apples with Raisins Milk Choice</p>	<p><b>Turkey and Cheese Sub</b> Sweet Cinnamon Squash Crunchy Carrot Sticks and Dip Canned Peaches Baked Chips** Milk Choice</p>	<p><b>Pizza Sticks with Marinara Sauce</b> Italian Bean Salad Golden Corn Razzy Cran-Grape Gelatin with Whipped Topping Milk Choice</p>	<p><b>Hearty Chicken Pot Pie</b> Dinner Roll with Butter Green and Gold Steamed Broccoli Strawberries and Bananas Clementine Milk Choice</p>

## Notes:

\*\* Indicates an "extra" item that does not contribute to the meal pattern

All grains are whole grain rich.

Milk Choice includes:

- 1% White
- Skim White
- Skim Chocolate



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