



K-8 Grades (Panther Academy)

"This institution is an equal opportunity provider."

Whole grain bread, cereals, grains & starchy vegetables are a staple in many diets. For heart health, choose whole grain and high fiber varieties. On your plate, these foods should fill no more than one-quarter of your plate.
Menus are subject to change based on product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate</p> <p><u>Alternate Entrée:</u> Chef Salad or Peanut Butter & Jelly Uncrustable with Cheese Stick & WG Crackers ----all entrees with choice of vegetable and/or fruit.</p> <p>Adult Meal Price: \$4.81</p>			<p>1</p> <p>Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>2</p> <p>Super Fajita Chicken or Beef Taco Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>6</p> <p>Chicken Nuggets w/Dipping Sauce Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>7</p> <p>Fajita Chicken or Beef Taco w/Shredded Lettuce, Cheese, Tomato, Salsa / Black Beans Sidekick Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>8</p> <p>Corn Dog Nuggets Seasoned Potato Fries Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>9</p> <p>Deli Sandwich on WG Bun Steamed Carrots Chilled Fruit Cup Assorted Fresh Fruit</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12</p> <p>Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>13</p> <p>Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>14</p> <p>Turkey Roast or Baked Chicken Seasoned Brown Rice w/Gravy Sweet Potato Yams Field Peas Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>15</p> <p>Pizza Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>16</p> <p>BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				



9-12 Grades (Panther Academy)

"This institution is an equal opportunity provider."

Whole grain bread, cereals, grains & starchy vegetables are a staple in many diets. For heart health, choose whole grain and high fiber varieties. On your plate, these foods should fill no more than one-quarter of your plate.
Menus are subject to change based on product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate</p> <p><u>Alternate Entrée:</u> Chef Salad or Peanut Butter & Jelly Uncrustable with Cheese Stick & WG Crackers or Pizza or Grab n Go Pack (Turkey, Ham & Cheese on Hawaiian Bun with tortilla chips & cheese stick)---all entrees with choice of vegetable and/or fruit.</p> <p>Adult Meal Price: \$4.81</p>			<p>1</p> <p>Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>2</p> <p>Fajita Chicken <u>or</u> Turkey Taco <u>or</u> BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>6</p> <p>Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>7</p> <p>Fajita Chicken <u>or</u> Turkey Taco <u>or</u> Pizza Black Beans Sidekick Assorted Fresh Fruit</p>	<p>8</p> <p>Charcuterie Tray <u>or</u> Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>9</p> <p>Turkey & Cheese Wrap <u>or</u> Sub Sandwich on WG Bun Steamed Carrots Chilled Fruit Cup Assorted Fresh Fruit</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12</p> <p>Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>13</p> <p>Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>14</p> <p>Roasted Turkey <u>or</u> Baked Chicken Seasoned Brown Rice w/Gravy Sweet Potato Yams Field Peas Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>15</p> <p>Pizza Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>16</p> <p>Fajita Chicken <u>or</u> Beef Taco <u>or</u> BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				