



Wholesome Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Grilled Cheese on Wheat Chicken & Vegetable Soup Wheat Crackers Pineapple Milk	Meatloaf Green Beans Cornbread Chocolate Pudding Apple Juice	Beef Ravioli Mixed Vegetables Wheat Bread with Butter Pears Milk	Beef Tacos Corn Brown Rice Peaches Milk	Baked Chicken Nuggets Carrots with Ranch Dressing Whole Grain Buttered Rotini Jello with Strawberries Milk
Week 2	Baked Ham Green Beans Pita Bread Vanilla Pudding Apple Juice	Wheat French Toast Sausage Links Tator Tots – Baked Pears Milk	Meatballs Wheat Bread with Butter Carrots Orange Slices Milk	Homemade Cheese Pizza Mixed Vegetables Breaded Chicken Mandarin Oranges Milk	Beef Hot Dogs on Wheat Corn Yogurt Apple Sauce Milk
Week 3	Baked Chicken Nuggets Corn Wheat Bread with Butter Fruit Cocktail Chocolate Milk	Grilled Cheese on Wheat Chicken & Vegetable Soup Wheat Crackers Pineapple Lemonade	Baked Fish Sticks Green Beans Wheat Crackers Mandarin Oranges Milk	Spaghetti & Meatballs Mixed Vegetables Wheat Bread with Butter Applesauce Milk	Breaded Chicken Legs Macaroni & Cheese Peas Strawberries Milk
Week 4	Whole Grain Pancakes Sausage Links Tator Tots—Baked Pears Milk	Cheeseburger on Wheat Green Beans Pickles Jello w/raspberries Milk	Chicken Quesadillas Corn Brown Rice Peaches Milk	Breaded Chicken Sandwich Carrots with Ranch Dressing Cheddar Rice Cakes Strawberries Milk	Homemade Pepperoni Pizza Mixed Vegetables Wheat Crackers Mandarin Oranges Milk
Week 5	Beef Tacos Corn Brown Rice Pears Milk	Bologna & Cheese Cream of Chicken Soup Cucumbers Apple Sauce Milk	Grilled Chicken Green Beans Rotini with Cheese Wheat Bread with Butter Apple Juice	Cheeseburger on Wheat Mixed Vegetables Pickles Orange Slices Milk	Scrambled Eggs Tator Tots—Baked Granola Bar Bananas Milk
Week 6	Baked Fish Sticks Carrots Whole Grain Buttered Noodles Fruit Cocktail Milk	Mostaccioli & Meat Sauce Green Beans Wheat Bread with Butter Pineapple Milk	Baked Chicken Nuggets Mixed Vegetables Wheat Crackers Mandarin Oranges Milk	Beef Hot Dogs on Wheat Corn Yogurt Granola Bar Apple Juice	Homemade Cheese Pizza Breaded Chicken Peas Bananas Milk