**Example Lunch menu**

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| [This Photo](http://cooking.stackexchange.com/questions/49296/why-should-food-be-frozen-quickly) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/) |  | 1Closed | 2 Popcorn chickenW/W roll PeasTropical fruit |  3 Mac-n-cheeseW/G pastaGreen beansapple |
| 6 Pizza burgerW/W bunGreen beans oranges | 7 Ham & cheese slidersW/G bunPeasMixed fruit | 8 Chicken fried riceW/G egg rollPeas and carrotspineapple |  9 RavioliMeat sauceW/G pastaSalad/ carrotsbananas | 10 Grilled cheeseW/W breadBaked beansMixed veggiesgrapes |
| 13 Chicken alfredoW/G pastaCarrotsapples |  14 NachosW/G tortillaPeasoranges | 15 Beef stroganoffW/G pastaSalad/ green beansStrawberries | 16 Chicken sandwichW/G bunCorn banana | 17 Creamy tomato tortellini W/G Mixed veggiegrapes |
| 20 FishW/W rollGreen beansoranges | 21 Spaghetti W/ meat sauceW/G pastaCarrotsapples | 22 Cheeseburger pieW/G biscuitPeasstrawberries |  23 chicken noodle bake W/G pastaSalad/ mixed veggiebananas | 24 Ham sandwichW/W breadCornapples |
| 27 Chicken tacoW/W tortillaCornbananas | 28 W/G cheesy breadsticks Meat sauceGreen beansoranges | 29 Porcupine meatballsW/G riceSalad/ peasgrapes | 30 Tortilla soupW/G pastaMixed veggiesapples | 31 Chicken tendersW/W rollCarrotsstrawberries |

 Milk Served with Every Meal

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | 1Closed | 2 Cheese stickClub crackersjuice | 3 PretzelsOrange slices |
|  6 Fruit cup breadsticks |  7 Banana breadmilk |  8 Bagel w/ cream cheesemilk | 9 Apple slicesgoldfish |  10 yogurtTeddy grahamsfruit |
| 13 Cereal cupmilk | 14 applesCheese and crackers | 15 French toast sticksmilk |  16 yogurtCrackers and fruit |  17 bananaCrackers and milk |
| 20 Meat and cheesecrackers | 21 fruit cupTeddy graham and milk |  22 apple barBanana and milk | 23 Bagel w cream cheesemilk | 24 pretzel bitesOrange slices |
| 27 pancake/ sausagemilk |  28 fruit cupGoldfish crakers | 29 | 30  | 31 |

 Snack Menu

 **MENU IS SUBJECT TO CHANGE**

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