**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/) |  | 1  Closed | 2 Popcorn chicken  W/W roll  Peas  Tropical fruit | 3 Mac-n-cheese  W/G pasta  Green beans  apple |
| 6 Pizza burger  W/W bun  Green beans  oranges | 7 Ham & cheese sliders  W/G bun  Peas  Mixed fruit | 8 Chicken fried rice  W/G egg roll  Peas and carrots  pineapple | 9 Ravioli  Meat sauce  W/G pasta  Salad/ carrots  bananas | 10 Grilled cheese  W/W bread  Baked beans  Mixed veggies  grapes |
| 13 Chicken alfredo  W/G pasta  Carrots  apples | 14 Nachos  W/G tortilla  Peas  oranges | 15 Beef stroganoff  W/G pasta  Salad/ green beans  Strawberries | 16 Chicken sandwich  W/G bun  Corn  banana | 17 Creamy tomato tortellini W/G  Mixed veggie  grapes |
| 20 Fish  W/W roll  Green beans  oranges | 21 Spaghetti W/ meat sauce  W/G pasta  Carrots  apples | 22 Cheeseburger pie  W/G biscuit  Peas  strawberries | 23 chicken noodle bake W/G pasta  Salad/ mixed veggie  bananas | 24 Ham sandwich  W/W bread  Corn  apples |
| 27 Chicken taco  W/W tortilla  Corn  bananas | 28 W/G cheesy breadsticks  Meat sauce  Green beans  oranges | 29 Porcupine meatballs  W/G rice  Salad/ peas  grapes | 30 Tortilla soup  W/G pasta  Mixed veggies  apples | 31 Chicken tenders  W/W roll  Carrots  strawberries |

Milk Served with Every Meal

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|  |  | 1  Closed | 2 Cheese stick  Club crackers  juice | 3 Pretzels  Orange slices |
| 6 Fruit cup  breadsticks | 7 Banana bread  milk | 8 Bagel w/ cream cheese  milk | 9 Apple slices  goldfish | 10 yogurt  Teddy grahams  fruit |
| 13 Cereal cup  milk | 14 apples  Cheese and crackers | 15 French toast sticks  milk | 16 yogurt  Crackers and fruit | 17 banana  Crackers and milk |
| 20 Meat and cheese  crackers | 21 fruit cup  Teddy graham and milk | 22 apple bar  Banana and milk | 23 Bagel w cream cheese  milk | 24 pretzel bites  Orange slices |
| 27 pancake/ sausage  milk | 28 fruit cup  Goldfish crakers | 29 | 30 | 31 |

Snack Menu

**MENU IS SUBJECT TO CHANGE**

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