Beef Taco Salad Refried Beans Baby Carrots Mixed Canned Fruit Banana Salsa

12

Meatloaf

Whole Grain Dinner Roll

Whole Grain Dinner Roll

Crispy Chicken Tenders

Yogurt Pak with Bagel

Mashed Potatoes

Cherry Tomato

Peaches, Diced

Fresh Pear

19

26

Popcorn Chicken Bowl

Turkey Deli Sandwich

Green Beans **Baby Carrots** 

Banana

Milk Choice

Peaches, Diced

Crispy Chicken Tenders

Whole Grain Dinner Roll

13 Italian Stromboli

Refried Beans Cherry Tomato
Mixed Canned Fruit Fresh Pear Salsa

Chicken Tacos Chicken Caesar Salad

Milk Choice

20 Chicken & Cheese Quesadilla Beefy Nachos w/Cheese Sauce

Turkey BLT Wrap Refried Beans Cherry Tomato

Mixed Canned Fruit Fresh Grapes Milk Choice

27

Corn Dog Chicken Tacos Ham and Cheese Flatbread Munchable

Refried Beans **Baby Carrots** Mixed Canned Fruit Banana

Crispy Chicken Sandwich

Steamed Peas Baby Carrots Pineapple Tidbits Banana Milk Choice

Chef Salad

Chicken Bacon Ranch Melt

Crispy Chicken Sandwich Ham Deli Sandwich

California Blend Vegetable Cherry Tomato Kale Salad Pineapple Tidbits Fresh Pear

Beef Hot Dog on a Bun Crispy Chicken Sandwich Pizza Munchable

Golden French Fries Cherry Tomato Pineapple Tidbits Fresh Grapes Milk Choice

28

Meatloaf Whole Grain Dinner Roll Crispy Chicken Sandwich Chef Salad

Mashed Potatoes **Baby Carrots** Pineapple Tidbits Banana Gravy

Cheeseburger on a Bun Honey Mustard Ham Wrap

Golden French Fries Baby Carrots Applesauce Banana Milk Choice

Chicken Alfredo w/Pasta Whole Grain Dinner Roll Cheeseburger on a Bun Crispy Chicken Wrap

Green Beans Cherry Tomato Applesauce Kiwi Milk Choice

22

Chef Salad

Roasted Broccoli

Cherry Tomato

Applesauce

Milk Choice

29

Fresh Grapes

Chicken Pot Pie

Pizza Munchable

Peas & Carrots

**Baby Carrots** 

Applesauce

Banana Milk Choice

Cheeseburger on a Bun

**Biscuit** 

23

Lasagna Whole Grain Dinner Roll Cheese Pizza French Toast Sticks Cheeseburger on a Bun Sausage Patty Turkey Ranch Wrap

> Glazed Carrots Cherry Tomato Diced Pears Fresh Grapes Milk Choice

Turkey BLT Wrap

Baby Carrots
Pickled Beets

Diced Pears

Pepperoni Pizza

Pancakes Easy Egg Bake

Chicken Caesar Salad

Mixed Vegetables Cherry Tomato

Diced Pears

Fresh Pear

Milk Choice

Banana

16

California Blend Vegetable

This is for Food 4 Thought

XTRA

Entree Salads served with a WG Roll(s). Milk choice of 1% White or Chocolate served with a meal.

For questions or comments email Jessica Heggestad Food Service Director at jheggestad@clintoncardinals.org



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