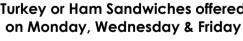


Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Chili Soup Grilled Cheese Celery Sticks/Ranch Fruit Sidekick Milk	Spaghetti w/Meat 3 Sauce Tossed Salad Breadstick Fruit Milk
Hamburger w/Bun Sandwich Toppings Tator Tots Fruit Sidekick Milk	Chicken Noodle Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk	Chicken Nuggets Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Taco Salad Lettuce, Shredded Cheese, Salsa Refried Beans Fruit Milk	Snappy Tomato Pizza Tossed Salad Corn Fruit Milk
Chicken Fajitas w/Tortilla Shell Lettuce, Shredded Cheese, Salsa Fruit Milk	Corn Dog Mac & Cheese Green Beans Fruit Milk	Chicken Nuggets Mashed Potatoes Broccoli & Cheese Cookie WG Fruit Milk	Hamburger w/Bun Sandwich Toppings Potato Wedges Baked Beans Fruit Milk	Orange Chicken Steamed Vegetables Rice Fruit Sidekick Milk
Chicken Sandwich 20 Sandwich Toppings Smiley Fries Fruit Sidekick Milk	Vegetable Soup 21 Grilled Cheese Celery Sticks/Ranch Fruit Milk	Chicken Nuggets Mashed Potatoes Steamed Carrots Cookie WG Fruit Milk	Spaghetti w/Meat 23 Sauce Tossed Salad Breadstick Fruit Milk	Hotdog w/Chili Doritos Broccoli/Ranch Fruit Milk
Hamburger w/Bun Sandwich Toppings Tator Tots Fruit Sidekick Milk	Chicken Noodle 28 Soup Grilled Cheese Fresh Veggies/Ranch Fruit Milk			

Some menu items are subject to change without notice due to availability

Variety of Low fat, Fat Free White Milk and Fat Free Flavored Milk Offered Daily





Variety of Fruit Offered Daily

Tuesday & Thursday

Sold on Tuesday & Thursday

Lunch Prices

Breakfast \$0.90 Reduced Breakfast \$0.30 Lunch \$2.10 Reduced Lunch \$0.40

Online Meal Payments

Online Free and Reduced Price Meal Application

www.myschoolbucks.com

www.heartlandapps.com

Carb Counts

Entree Meat Items Tortilla Chips 21 Cheese Slice 2 Tortilla Shell 25 Cheese - Shredded 1 **Condiments** Chicken Nuggets 16 BBQ 11 Chicken Patty 16 Ketchup 3 Corn Dog 30 Mayonnaise 0 Ham 1 Mustard 2 Hamburger Patty 1 Ranch Dip 5 Hotdog Frank 1

Manwich Sauce/Meat 4 Fruit 1/2 cup servings School Pizza 32 Apple 22

Orange 21 Spaghetti Meat Sauce 5.5 Taco Meat 3 Banana 27 Turkey 0 Applesauce 13-14 Diced Peaches 14 Vegetables Diced Pears 16

Broccoli -Fresh 5.5 Mandarin Oranges 20 Carrot Sticks 6 Mixed Fruit 15-17 Corn 16 Pineapple Tidbits 18 Green Beans 4

Smilev Fries 20

Tossed Salad 3+

Baked Cheetos 17

Breadstick 22

Cookie WG 14

Doritos RF 20

Gold Fish 14

Hotdog Bun

Pasta 42

Hamburger Bun

Sandwich Bread

Grains

Lettuce Milk 8 oz carton Mashed Potatoes 15 Low Fat White Milk 11 Potato Wedges 17 Fat Free White Milk 11 Refried Beans 16 Fat Free Chocolate Milk 20 Salsa 2 Fat Free Strawberry Milk 22

Lunch meal offered includes:

Grain - Minimum 1 oz Meat/Meat Alternate - Minimum 1 oz Vegetable - 1/2 Cup Fruit - 1/2 Cup Milk - Minimum 8 oz

Students do not have to take all five components, but they must take a minimum of three, which will include a fruit or vegetable to count as a meal.

Turkey or Ham Sandwiches offered

Chef or Garden Salad offered on

Low Fat Ice Cream

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