

ALTERNATING A/B LUNCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad	
Pizza	Pizza	Pizza	Pizza	Pizza	
Chicken Nuggets	Chicken Nuggets	Chicken Nuggets	Chicken Nuggets	Chicken Nuggets	
Sack Lunch	Sack Lunch	Sack Lunch	Sack Lunch	Sack Lunch	
Yogurt/Cheese Stick	Yogurt/Cheese Stick	Yogurt/Cheese Stick	Yogurt/Cheese Stick	Yogurt/Cheese Stick	WEEK A
Burrito	Chicken Quesadilla w/Salsa	Ham & Cheese on Wheat Bun		Ham & Cheese Croissant	
King Ranch Chicken	Italian Spaghetti	BBQ Chicken	Grilled Chicken Breast	Fish Strips w/Tartar Sauce	
W. K. Corn	Green Beans	Side Salad w/Dressing	Lasagna	Macaroni and Cheese	
Side Salad w/Dressing	Sliced Carrots	Pinto Beans	Mediterranean Vegetables	Turnip Greens	
Sugar Cookie	Wheat Roll	Cornbread	Side Salad w/Dressing	Black-eyed Peas	
Wheat Roll	Chocolate Brownie	Chocolate Chip Cookie	Texas Toast	Cornbread	
Fresh Fruit/Apricots	Fresh Fruit/Mixed Fruit	Fresh Fruit/Pears	Fresh Fruit/Peaches	Fresh Fruit/Applesauce	
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	

Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad	
Pizza	Pizza	Pizza	Pizza	Pizza	
Chicken Nuggets	Chicken Nuggets	Chicken Nuggets	Chicken Nuggets	Chicken Nuggets	
Sack Lunch	Sack Lunch	Sack Lunch	Sack Lunch	Sack Lunch	
Yogurt/Cheese Stick	Yogurt/Cheese Stick	Yogurt/Cheese Stick	Yogurt/Cheese Stick	Yogurt/Cheese Stick	WEEK B
Hamburger on Wheat Bun	Steakfingers		Barbeque on Bun	Fish & Cheese on Bun	
Chili & Cheese Dorito Pie	Chicken Strip Bowl	Nachos w/Cheese	Oven Fried Chicken	Chicken Spaghetti	
Oven Fries w/Catsup	Snowflake Potatoes w/Gravy	Beef Enchiladas	Rice w/Gravy	California Blend Vegetables	
Capri Blend Vegetables	W. K. Corn	Refried Beans	Spinach	Green Peas	
Side Salad w/Dressing	Wheat Roll	Broccoli	Wheat Roll	Wheat Roll	
Chocolate Chip Cookie	Sugar Cookie	Cornbread	Fruit Cobbler	Chocolate Cookie	
Fresh Fruit/Pineapple	Fresh Fruit/Applesauce	Fresh Fruit/Mixed Fruit	Fresh Fruit/Peaches	Fresh Fruit/Pears	
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	

FRESH
 FIBER
 VEGETARIAN
 HEART HEALTHY