

2025-2026 MENU

1% White Milk is served daily.

Build *your* tray
THE healthy way!

START WITH A:

• Vegetable

or

• Fruit

Better yet, choose both!

• Choose whole grains

• Pick a lean protein

• Add a serving of dairy

take at least 3 food groups!

What's on your tray today?

Grains

Protein

Dairy

Fruits

Vegetables

Dates	Monday	Tuesday	Wednesday	Local Thursday	Friday
08/04-08/08	1 CUP Chicken Alfredo Pasta	2 OZ Beef Taco Meat	1 EA Chicken Corn Dog	1 EA Breaded Chicken Drumstick	1 EA WG Cheese Pizza
09/01-09/05	Broccoli 1/2 Cup	10 PCS Tortilla Chips	Smile Fries 4 EACH	Red Rice 1/2 Cup	Sliced Carrots 1/2 Cup
09/29-10/03	Mandarin Orange 1/2 Cup	2 OZ Cheese Sauce	Fruit Mix 1/2 Cup	Green Salad 3/4 Cup	Pineapple Tidbits 1/2 Cup
10/27-10/31		1/2 Cup Black Beans		Mango Chunks 1/2 Cup	
11/24-11/28		Pineapple Tidbits 1/2 Cup			
08/11-08/15	1 EA Salisbury Steak 1/2 Cup Brown Rice 2 OZ Gravy	3 OZ Teriyaki Chicken	1 EA Cheeseburger w/ Bun	2 OZ Chili w/ Hot Dog	2 EA Cheesy Breadsticks 2 OZ Marinara Sauce
09/08-09/12	Broccoli 1/2 Cup	1/2 Cup Brown Rice	Potato Wedges 1/2 Cup	Brown Rice 1/2 Cup	Baby Carrots 1/2 Cup
10/06-10/10	Mandarin Orange 1/2 Cup	Pinto Beans 1/2 Cup	Fruit Mix 1/2 Cup	Local Cucumber Salad 1/2 Cup	Ranch Dressing 1 EACH
11/03-11/07		Pineapple Tidbits 1/2 Cup		Mango Chunks 1/2 Cup	Fruit Mix 1/2 Cup
12/01-12/05					
08/18-08/22	5 EA Chicken Nuggets	2 OZ Beef Taco Meat	12 PCS Orange Chicken	Eggless Loco Moco 1 EA Hamburger Patty 2 OZ Gravy	12 EA Popcorn Chicken Bowl
09/15-09/19	Brown Rice 1/2 Cup	10 PCS Tortilla Chips	Brown Rice 1/2 Cup	Brown Rice 1/2 Cup	2 OZ Gravy
10/13-10/17	Green Beans 1/2 Cup	2 OZ Cheese Sauce	Sliced Carrots 1/2 Cup	Caesar Salad 3/4 Cup	Mashed Potato 1/4 Cup Corn 1/4 Cup
11/10-11/14	Mandarin Orange 1/2 Cup	Black Beans 1/2 Cup	Fruit Mix 1/2 Cup	Mango Chunks 1/2 Cup	Pineapple Tidbits 1/2 Cup
12/08-12/12		Pineapple Tidbits 1/2 Cup			
08/25-08/29	2 EA Cheesy Breadsticks 2 OZ Spaghetti Sauce	4 EA Teriyaki Beef Dippers	1 EA Hot Dog	4 EA Bistek	1 EA Breaded Chicken Patty
09/22-09/26	Baby Carrots 1/2 Cup Ranch Dressing 1 EACH	1/2 Cup Brown Rice	WG Bun 1 EACH	Brown Rice 1/2 Cup	WG Bun 1 EACH
10/20-10/24		Broccoli 1/2 Cup	Pork and Beans 1/2 Cup	Peas & Carrots 1/2 Cup	Potato Wedges 1/2 Cup
11/17-11/21	Mandarin Orange 1/2 Cup	Pineapple Tidbits 1/2 Cup	Fruit Mix 1/2 Cup	Mango Chunks 1/2 Cup	Fruit Mix 1/2 Cup
12/15-12/19					

05.01.25

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