

WHITE ROCK August

2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
<i>First Day</i> 21	22	23	24	25
Hot #1 Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce , Tossed Salad, Green Beans & Carrots, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns	Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup , Tossed Salad, Broccoli, Wheat Bread, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing	Hot #1 Chicken Scaloppini Provençal , Brown Rice Pilaf, French Green Beans, Wheat Bread, Fresh Fruit OR Roast Beef on Wheat Bread	Hot #1 Beef Enchilada Casserole , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)	Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit OR Italian Sandwich on Wheat Bread
28	29	30	31	
Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice) , French Green beans, Wheat Bread, Fresh Fruit OR Tuna on Wheat Bread	Hot #1 BBQ Chicken , Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Fresh Fruit OR Chef Salad-Turkey, Tomato, Carrots, Cheddar Cheese, Romaine & Vinaigrette	Hot #1 Roasted Turkey with Gravy , Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Lamb Gyro	Hot #1 Brazilian Beef Tips and Tomatoes over Brown Rice , Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)	

MENU

Prices
\$5.25/Meal

Guess Who's Coming to Dinner Caterers
10729 Audelia Rd. Ste 107, Dallas TX 75218

214-340-0061
schools@guesswhoscomingtodinnercaterers.com
<http://gwctdcaterer.com>

WHITE ROCK September

2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hot #1 Grilled Chicken , Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Salad on Wheat Bread
Labor Day NO SCHOOL	4 Hot #1 Meatloaf , Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing	5 Hot #1 Wheat Penne with Bolognese Sauce, Basil, Mozzarella , Tossed Salad with Vinaigrette, Wheat Bread, Yogurt OR Turkey and Provolone Sandwich on Wheat Bread	6 Hot #1 Pesto Chicken , Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad	7 Hot #1 Tomato Basil and Three-Cheese Pizza , Green Beans and Corn, Caesar Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread
11 Hot #1 Texas Turkey Melt (Wheat Bread) , Broccoli, Tossed Salad, Apple Sauce OR Tuna on Wheat Bread	12 Hot #1 Black Bean and Spinach Quesadilla , Corn, Southwestern Slaw, Fresh Fruit OR Chef Salad	13 Hot #1 Grilled Chicken with Hummus , Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap	14 Hot #1 Wheat Spaghetti with Meat Sauce Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad	15 Hot #1 Beef Tacos with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Chicken Salad Sandwich on Wheat Bread (soft Wheat Tortillas for little's)
18 Hot #1 Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce , Tossed Salad, Green Beans & Carrots, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns	19 Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup , Tossed Salad, Broccoli, Wheat Bread, Fresh Fruit OR Greek Salad	20 Hot #1 Chicken Scaloppini Provençal , Brown Rice Pilaf, French Green Beans, Wheat Bread, Fresh Fruit OR Roast Beef on Wheat Bread	21 Hot #1 Beef Enchilada Casserole , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)	22 Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit OR Italian Sandwich on Wheat Bread
25 Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice) , French Green beans, Wheat Bread, Fresh Fruit OR Tuna on Wheat Bread	26 Hot #1 BBQ Chicken , Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Fresh Fruit OR Chef Salad	27 Hot #1 Roasted Turkey with Gravy , Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Lamb Gyro	28 Hot #1 Brazilian Beef Tips and Tomatoes over Brown Rice , Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)	29 Fair Day NO SCHOOL

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WHITE ROCK October

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot #1 Loaded Baked Potato , Tossed Green Salad, Broccoli, Wheat Bread, Fresh Fruit OR Asian Chicken Salad Wrap (Spinach Wrap)	3 Hot #1 Meatloaf , Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad	4 Hot #1 Wheat Penne with Bolognese Sauce, Basil, Mozzarella , Tossed Salad with Vinaigrette, Wheat Bread, Yogurt OR Turkey and Provolone Sandwich on Wheat Bread	5 Hot #1 Pesto Chicken , Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad	6 Hot #1 Tomato Basil and Three-Cheese Pizza , Green Beans and Corn, Caesar Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread
9 NO SCHOOL	10 Hot #1 Black Bean and Spinach Quesadilla , Corn, Southwestern Slaw, Fresh Fruit OR Chef Salad	11 Hot #1 Grilled Chicken with Hummus , Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap	12 Hot #1 Wheat Spaghetti with Meat Sauce Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad	13 Hot #1 Beef Tacos with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Chicken Salad Sandwich on Wheat Bread (soft Wheat Tortillas for little's)
16 Hot #1 Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce , Tossed Salad, Green Beans & Carrots, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns	17 Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup , Tossed Salad, Broccoli, Wheat Bread, Fresh Fruit OR Greek Salad	18 Hot #1 Chicken Scaloppini Provencal , Brown Rice Pilaf, French Green Beans, Wheat Bread, Fresh Fruit OR Roast Beef on Wheat Bread	19 Hot #1 Beef Enchilada Casserole , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)	20 Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit OR Italian Sandwich on Wheat Bread
23 Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice) , French Green beans, Wheat Bread, Fresh Fruit OR Tuna on Wheat Bread	24 Hot #1 BBQ Chicken , Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Fresh Fruit OR Chef Salad	25 Hot #1 Roasted Turkey with Gravy , Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Lamb Gyro	26 Hot #1 Brazilian Beef Tips and Tomatoes over Brown Rice , Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)	27 Hot #1 Grilled Chicken , Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Salad on Wheat Bread
30 Hot #1 Loaded Baked Potato , Tossed Green Salad, Broccoli, Wheat Bread, Fresh Fruit OR Asian Chicken Salad Wrap (Spinach Wrap)	31 Hot #1 Meatloaf , Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad			

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WHITE ROCK November

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		1 Hot #1 Wheat Penne with Bolognese Sauce, Basil, Mozzarella , Tossed Salad with Vinaigrette, Wheat Bread, Yogurt OR Turkey and Provolone Sandwich on Wheat Bread	2 Hot #1 Pesto Chicken , Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad	3 Conferences NO SCHOOL
6 Hot #1 Texas Turkey Melt (Wheat Bread) , Broccoli, Tossed Salad, Apple Sauce OR Tuna on Wheat Bread	7 Hot #1 Black Bean and Spinach Quesadilla , Corn, Southwestern Slaw, Fresh Fruit OR Chef Salad	8 Hot #1 Grilled Chicken with Hummus , Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap	9 Hot #1 Wheat Spaghetti with Meat Sauce Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad	10 Hot #1 Beef Tacos with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Chicken Salad Sandwich on Wheat Bread (soft Wheat Tortillas for little's)
13 Hot #1 Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce , Tossed Salad, Green Beans & Carrots, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns	14 Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup , Tossed Salad, Broccoli, Wheat Bread, Fresh Fruit OR Greek Salad	15 Hot #1 Chicken Scaloppini Provençal , Brown Rice Pilaf, French Green Beans, Wheat Bread, Fresh Fruit OR Roast Beef on Wheat Bread	16 Hot #1 Beef Enchilada Casserole , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)	17 Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit OR Italian Sandwich on Wheat Bread
20 Thanksgiving Break NO SCHOOL	21 Thanksgiving Break NO SCHOOL	22 Thanksgiving Break NO SCHOOL	23 Thanksgiving Break NO SCHOOL	24 Thanksgiving Break NO SCHOOL
27 Hot #1 Loaded Baked Potato , Tossed Green Salad, Broccoli, Wheat Bread, Fresh Fruit OR Asian Chicken Salad Wrap (Spinach Wrap)	28 Hot #1 Meatloaf , Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad	29 Hot #1 Wheat Penne with Bolognese Sauce, Basil, Mozzarella , Tossed Salad with Vinaigrette, Wheat Bread, Yogurt OR Turkey and Provolone Sandwich on Wheat Bread	30 Hot #1 Pesto Chicken , Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad	

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WHITE ROCK December

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hot #1 Tomato Basil and Three-Cheese Pizza , Green Beans and Corn, Caesar Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread
4 Hot #1 Texas Turkey Melt (Wheat Bread) , Broccoli, Tossed Salad, Apple Sauce OR Tuna on Wheat Bread	5 Hot #1 Black Bean and Spinach Quesadilla , Corn, Southwestern Slaw, Fresh Fruit OR Chef Salad	6 Hot #1 Grilled Chicken with Hummus , Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap	7 Hot #1 Wheat Spaghetti with Meat Sauce Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad	8 Conferences NO SCHOOL
11 Hot #1 Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce , Tossed Salad, Green Beans & Carrots, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns	12 Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup , Tossed Salad, Broccoli, Wheat Bread, Fresh Fruit OR Greek Salad	13 Hot #1 Chicken Scaloppini Provençal , Brown Rice Pilaf, French Green Beans, Wheat Bread, Fresh Fruit OR Roast Beef on Wheat Bread	14 Hot #1 Beef Enchilada Casserole , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)	15 Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit OR Italian Sandwich on Wheat Bread
18 Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice) , French Green beans, Wheat Bread, Fresh Fruit OR Tuna on Wheat Bread	19 Hot #1 BBQ Chicken , Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Fresh Fruit OR Chef Salad	20 Hot #1 Roasted Turkey with Gravy , Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Lamb Gyro	21 Winter Break NO SCHOOL	22 Winter Break NO SCHOOL
25 Winter Break NO SCHOOL	26 Winter Break NO SCHOOL	27 Winter Break NO SCHOOL	28 Winter Break NO SCHOOL	29 Winter Break NO SCHOOL

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WHITE ROCK January

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Winter Break NO SCHOOL	2 Winter Break NO SCHOOL	3 Winter Break NO SCHOOL	4 Winter Break NO SCHOOL	5 Winter Break NO SCHOOL
8 Winter Break NO SCHOOL	9 Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup , Tossed Salad, Broccoli, Wheat Bread, Fresh Fruit OR Greek Salad	10 Hot #1 Chicken Scaloppini Provençal , Brown Rice Pilaf, French Green Beans, Wheat Bread, Fresh Fruit OR Roast Beef on Wheat Bread	11 Hot #1 Beef Enchilada Casserole , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)	12 Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit OR Italian Sandwich on Wheat Bread
15 MLK Day NO SCHOOL	16 Hot #1 BBQ Chicken , Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Fresh Fruit OR Chef Salad	17 Hot #1 Roasted Turkey with Gravy , Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Lamb Gyro	18 Hot #1 Brazilian Beef Tips and Tomatoes over Brown Rice , Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)	19 Hot #1 Grilled Chicken , Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Salad on Wheat Bread
22 Hot #1 Loaded Baked Potato , Tossed Green Salad, Broccoli, Wheat Bread, Fresh Fruit OR Asian Chicken Salad Wrap (Spinach Wrap)	23 Hot #1 Meatloaf , Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad	24 Hot #1 Wheat Penne with Bolognese Sauce, Basil, Mozzarella , Tossed Salad with Vinaigrette, Wheat Bread, Yogurt OR Turkey and Provolone Sandwich on Wheat Bread	25 Hot #1 Pesto Chicken , Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad	26 Hot #1 Tomato Basil and Three-Cheese Pizza , Green Beans and Corn, Caesar Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread
29 Hot #1 Texas Turkey Melt (Wheat Bread) , Broccoli, Tossed Salad, Apple Sauce OR Tuna on Wheat Bread	30 Hot #1 Black Bean and Spinach Quesadilla , Corn, Southwestern Slaw, Fresh Fruit OR Chef Salad	31 Hot #1 Grilled Chicken with Hummus , Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap		

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			1 Hot #1 Wheat Spaghetti with Meat Sauce Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad	2 Hot #1 Beef Tacos with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Chicken Salad Sandwich on Wheat Bread (soft Wheat Tortillas for little's)
4 Hot #1 Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce , Tossed Salad, Green Beans & Carrots, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns	5 Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup , Tossed Salad, Broccoli, Wheat Bread, Fresh Fruit OR Greek Salad	6 Hot #1 Chicken Scaloppini Provencal , Brown Rice Pilaf, French Green Beans, Wheat Bread, Fresh Fruit OR Roast Beef on Wheat Bread	7 Hot #1 Beef Enchilada Casserole , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)	8 Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit OR Italian Sandwich on Wheat Bread
12 Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice) , French Green beans, Wheat Bread, Fresh Fruit OR Tuna on Wheat Bread	13 Hot #1 BBQ Chicken , Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Fresh Fruit OR Chef Salad	14 Hot #1 Roasted Turkey with Gravy , Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Lamb Gyro	15 Hot #1 Brazilian Beef Tips and Tomatoes over Brown Rice , Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)	16 Hot #1 Grilled Chicken , Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Salad on Wheat Bread
19 President's Day NO SCHOOL	20 Hot #1 Meatloaf , Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad	21 Hot #1 Wheat Penne with Bolognese Sauce, Basil, Mozzarella , Tossed Salad with Vinaigrette, Wheat Bread, Yogurt OR Turkey and Provolone Sandwich on Wheat Bread	22 Hot #1 Pesto Chicken , Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad	23 Hot #1 Tomato Basil and Three-Cheese Pizza , Green Beans and Corn, Caesar Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread
26 Hot #1 Texas Turkey Melt (Wheat Bread) , Broccoli, Tossed Salad, Apple Sauce OR Tuna on Wheat Bread	27 Hot #1 Black Bean and Spinach Quesadilla , Corn, Southwestern Slaw, Fresh Fruit OR Chef Salad	28 Hot #1 Grilled Chicken with Hummus , Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap		

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WHITE ROCK March

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot #1 Wheat Spaghetti with Meat Sauce Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad	2 Hot #1 Beef Tacos with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Chicken Salad Sandwich on Wheat Bread (soft Wheat Tortillas for little's)
5 Hot #1 Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce , Tossed Salad, Green Beans & Carrots, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns	6 Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup , Tossed Salad, Broccoli, Wheat Bread, Fresh Fruit OR Greek Salad	7 Hot #1 Chicken Scaloppini Provençal , Brown Rice Pilaf, French Green Beans, Wheat Bread, Fresh Fruit OR Roast Beef on Wheat Bread	8 Hot #1 Beef Enchilada Casserole , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)	9 Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit OR Italian Sandwich on Wheat Bread
12 Spring Break NO SCHOOL	13 Spring Break NO SCHOOL	14 Spring Break NO SCHOOL	15 Spring Break NO SCHOOL	16 Spring Break NO SCHOOL
19 Hot #1 Loaded Baked Potato , Tossed Green Salad, Broccoli, Wheat Bread, Fresh Fruit OR Asian Chicken Salad Wrap (Spinach Wrap)	20 Hot #1 Meatloaf , Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad	21 Hot #1 Wheat Penne with Bolognese Sauce, Basil, Mozzarella , Tossed Salad with Vinaigrette, Wheat Bread, Yogurt OR Turkey and Provolone Sandwich on Wheat Bread	22 Hot #1 Pesto Chicken , Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad	23 Hot #1 Tomato Basil and Three-Cheese Pizza , Green Beans and Corn, Caesar Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread
26 Hot #1 Texas Turkey Melt (Wheat Bread) , Broccoli, Tossed Salad, Apple Sauce OR Tuna on Wheat Bread	27 Hot #1 Black Bean and Spinach Quesadilla , Corn, Southwestern Slaw, Fresh Fruit OR Chef Salad	28 Hot #1 Grilled Chicken with Hummus , Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap	29 Hot #1 Wheat Spaghetti with Meat Sauce Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad	30 NO SCHOOL

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WHITE ROCK April

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Conferences NO SCHOOL</p>	<p>3</p> <p>Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup, Tossed Salad, Broccoli, Wheat Bread, Fresh Fruit OR Greek Salad</p>	<p>4</p> <p>Hot #1 Chicken Scaloppini Provençal, Brown Rice Pilaf, French Green Beans, Wheat Bread, Fresh Fruit OR Roast Beef on Wheat Bread</p>	<p>5</p> <p>Hot #1 Beef Enchilada Casserole, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)</p>	<p>6</p> <p>Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit OR Italian Sandwich on Wheat Bread</p>
<p>9</p> <p>Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice), French Green beans, Wheat Bread, Fresh Fruit OR Tuna on Wheat Bread</p>	<p>10</p> <p>Hot #1 BBQ Chicken, Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Fresh Fruit OR Chef Salad</p>	<p>11</p> <p>Hot #1 Roasted Turkey with Gravy, Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Lamb Gyro</p>	<p>12</p> <p>Hot #1 Brazilian Beef Tips and Tomatoes over Brown Rice, Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)</p>	<p>13</p> <p>Hot #1 Grilled Chicken, Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Salad on Wheat Bread</p>
<p>16</p> <p>Hot #1 Loaded Baked Potato, Tossed Green Salad, Broccoli, Wheat Bread, Fresh Fruit OR Asian Chicken Salad Wrap (Spinach Wrap)</p>	<p>17</p> <p>Hot #1 Meatloaf, Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad</p>	<p>18</p> <p>Hot #1 Wheat Penne with Bolognese Sauce, Basil, Mozzarella, Tossed Salad with Vinaigrette, Wheat Bread, Yogurt OR Turkey and Provolone Sandwich on Wheat Bread</p>	<p>19</p> <p>Hot #1 Pesto Chicken, Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad</p>	<p>20</p> <p>Hot #1 Tomato Basil and Three-Cheese Pizza, Green Beans and Corn, Caesar Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread</p>
<p>23</p> <p>Hot #1 Texas Turkey Melt (Wheat Bread), Broccoli, Tossed Salad, Apple Sauce OR Tuna on Wheat Bread</p>	<p>24</p> <p>Hot #1 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Fresh Fruit OR Chef Salad</p>	<p>25</p> <p>Hot #1 Grilled Chicken with Hummus, Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap</p>	<p>26</p> <p>Conferences NO SCHOOL</p>	<p>27</p> <p>Hot #1 Beef Tacos with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Chicken Salad Sandwich on Wheat Bread</p>
<p>30</p> <p>Hot #1 Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce, Tossed Salad, Green Beans & Carrots, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns</p>				

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WHITE ROCK May

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup, Tossed Salad, Broccoli, Wheat Bread, Fresh Fruit OR Greek Salad	2 Hot #1 Chicken Scaloppini Provençal, Brown Rice Pilaf, French Green Beans, Wheat Bread, Fresh Fruit OR Roast Beef on Wheat Bread	3 Hot #1 Beef Enchilada Casserole, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)	4 Conferences NO SCHOOL
7 Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice), French Green beans, Wheat Bread, Fresh Fruit OR Tuna on Wheat Bread	8 Hot #1 BBQ Chicken, Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Fresh Fruit OR Chef Salad	9 Hot #1 Roasted Turkey with Gravy, Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Lamb Gyro	10 Hot #1 Brazilian Beef Tips and Tomatoes over Brown Rice, Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)	11 Hot #1 Grilled Chicken, Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Salad on Wheat Bread
14 Hot #1 Loaded Baked Potato, Tossed Green Salad, Broccoli, Wheat Bread, Fresh Fruit OR Asian Chicken Salad Wrap (Spinach Wrap)	15 Hot #1 Meatloaf, Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad	16 Hot #1 Wheat Penne with Bolognese Sauce, Basil, Mozzarella, Tossed Salad with Vinaigrette, Wheat Bread, Yogurt OR Turkey and Provolone Sandwich on Wheat Bread	17 Hot #1 Pesto Chicken, Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad	18 Hot #1 Tomato Basil and Three-Cheese Pizza, Green Beans and Corn, Caesar Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread
Field Day 21 Hot #1 Texas Turkey Melt (Wheat Bread), Broccoli, Tossed Salad, Apple Sauce OR Tuna on Wheat Bread	22 Hot #1 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Fresh Fruit OR Chef Salad	Last Day 23 Hot #1 Grilled Chicken with Hummus, Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap	24	25
28	29	30	31	

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