

# WHITE ROCK

# August 2018

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
|  |  | 1  | 2   | 3  |
| 6  | 7  | 8  | 9   | 10   |
| 13   | 14   | 15   | 16  | 17   |
| 20<br>Hot #1 <b>BBQ Chicken</b> ,<br>Broccoli Brown Rice<br>Casserole, Cole Slaw, Wheat<br>Bread, Yogurt <b>OR Turkey Hot<br/>Dogs on Wheat Buns</b> | 21<br>Hot #1 <b>Grilled Cheese with<br/>Tomato Basil Soup, Tossed<br/>Salad, Wheat Bread, Fresh<br/>Fruit OR Greek Salad with<br/>Grilled Chicken, Feta<br/>Cucumber, Tomato, and<br/>Greek Dressing</b> | 22<br>Hot #1 <b>Chicken Scaloppini<br/>Provencal, Mashed Potatoes,<br/>French Green Beans, Wheat<br/>Bread, Apple Sauce OR<br/>Grilled Vegetable, Black Bean<br/>Hummus Wrap</b> | 23<br>Hot #1 <b>Zucchini, Corn<br/>Enchilada Casserole, Tossed<br/>Salad with Cilantro Dressing,<br/>Brown Rice, Fresh Fruit OR<br/>Bean and Cheese Burritos<br/>(Spinach Wrap)</b> | 24<br>Hot #1 <b>Plant Based Burgers<br/>(Wheat Buns) with Lettuce,<br/>Tomato, Roasted New<br/>Potatoes, Fresh Fruit OR<br/>Asian Chicken Salad Wrap</b> |
| 27<br>Hot #1 <b>Chicken and Beef<br/>Sausage Jambalaya (Brown<br/>Rice), French Green beans,<br/>Wheat Bread, Fresh Fruit OR<br/>Lamb Gyro</b>       | 28<br>Hot #1 <b>Loaded Baked Potato,<br/>Tossed Green Salad, Corn,<br/>Wheat Bread,<br/>Fresh Fruit OR Tossed Asian<br/>Salad</b>  | 29<br>Hot #1 <b>Roasted Turkey with<br/>Gravy, Mashed Potatoes,<br/>Celery and Carrot Sticks with<br/>Ranch, Wheat Bread, Fresh<br/>Fruit OR Tuna on Croissant</b>               | 30<br>Hot #1 <b>Mushroom Stroganoff,<br/>Peas and Carrots, Tossed<br/>Salad, Wheat Bread,<br/>Applesauce OR Turkey-Ham<br/>and Egg Quesadillas<br/>(Spinach Tortillas)</b>          | 31<br>Hot #1 <b>Ratatouille, Couscous,<br/>Caesar Salad,<br/>Fresh Fruit OR Grilled<br/>Vegetable Beet Hummus<br/>Wrap</b>                               |

# WHITE ROCK

# September 2018

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <p>3</p> <p><i>Labor Day</i></p> <p><b>NO SCHOOL</b></p>   | <p>4</p> <p>Hot #1 <b>Meatloaf</b>, Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit <b>OR</b> <b>Greek Salad with Chicken Feta</b> Cucumber, Tomato, and Greek Dressing</p>                     | <p>5</p> <p>Hot #1 <b>Wheat Penne with Marinara Sauce</b>, Tossed Salad with Vinaigrette, Wheat Bread, Yogurt <b>OR</b> <b>Grilled Vegetable, Black Bean Hummus Wrap</b></p>          | <p>6</p> <p>Hot #1 <b>Fish Sticks</b>, Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit <b>OR</b> <b>Grilled Chicken Caesar Salad</b></p>               | <p>7</p> <p>Hot #1 <b>Lentil Tacos</b>, Rice, Tossed Salad, Fresh Fruit <b>OR</b> <b>Italian Sandwich on Wheat Bread</b></p>   |
| <p>10</p> <p>Hot #1 <b>Black Bean and Spinach Quesadilla</b>, Corn, Southwestern Slaw, Apple Sauce <b>OR</b> <b>Lamb Gyro</b></p>                        | <p>11</p> <p>Hot #1 <b>Spinach and Chicken Sausage</b>, Rice, Tossed Salad, Fresh Fruit <b>OR</b> <b>Tossed Asian Salad</b></p>   | <p>12</p> <p>Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b> Carrot and Celery Sticks, Wheat Bread, Fresh Fruit <b>OR</b> <b>Hummus and Cucumber Spinach Wrap</b></p>               | <p>13</p> <p>Hot #1 <b>Wheat Spaghetti</b> Sweet Potato, Zucchini Volterra Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit <b>OR</b> <b>Grilled Chicken Fajita Salad</b></p>     | <p>14</p> <p>Hot #1 <b>Beef Tacos</b> with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit <b>OR</b> <b>Grilled Vegetable Beet Hummus Wrap</b> (soft Wheat Tortillas for little's)</p> |
| <p>17</p> <p>Hot #1 <b>BBQ Chicken</b>, Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt <b>OR</b> <b>Turkey Hot Dogs on Wheat Buns</b></p> | <p>18</p> <p>Hot #1 <b>Grilled Cheese with Tomato Basil Soup</b>, Tossed Salad, Wheat Bread, Fresh Fruit <b>OR</b> <b>Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</b></p> | <p>19</p> <p>Hot #1 <b>Chicken Scaloppini Provencal</b>, Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce <b>OR</b> <b>Grilled Vegetable, Black Bean Hummus Wrap</b></p> | <p>20</p> <p>Hot #1 <b>Zucchini, Corn Enchilada Casserole</b>, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR</b> <b>Bean and Cheese Burritos (Spinach Wrap)</b></p> | <p>21</p> <p>Hot #1 <b>Plant Based Burgers (Wheat Buns)</b> with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit <b>OR</b> <b>Asian Chicken Salad Wrap</b></p>                              |
| <p>24</p> <p>Hot #1 <b>Chicken and Beef Sausage Jambalaya (Brown Rice)</b>, French Green beans, Wheat Bread, Fresh Fruit <b>OR</b> <b>Lamb Gyro</b></p>  | <p>25</p> <p>Hot #1 <b>Loaded Baked Potato</b>, Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit <b>OR</b> <b>Tossed Asian Salad</b></p>  | <p>26</p> <p>Hot #1 <b>Roasted Turkey with Gravy</b>, Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit <b>OR</b> <b>Tuna on Croissant</b></p>           | <p>27</p> <p>Hot #1 <b>Mushroom Stroganoff</b>, Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce <b>OR</b> <b>Turkey-Ham and Egg Quesadillas (Spinach Tortillas)</b></p>          | <p>28</p> <p><i>Fair Day</i></p> <p><b>NO SCHOOL</b></p>   |

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| 1<br>Hot #1 Grilled Chicken, Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Bread, Fresh Fruit <b>OR</b> Asian Chicken Salad Wrap (Spinach Wrap)   | 2<br>Hot #1 Meatloaf, Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit <b>OR</b> Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing  | 3<br>Hot #1 Wheat Penne with Marinara Sauce, Tossed Salad with Vinaigrette, Wheat Bread, Yogurt <b>OR</b> Grilled Vegetable, Black Bean Hummus Wrap                                  | 4<br>Hot #1 Fish Sticks, Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit <b>OR</b> Grilled Chicken Caesar Salad  | 5<br>Hot #1 Lentil Tacos, Rice, Tossed Salad, Fresh Fruit <b>OR</b> Italian Sandwich on Wheat Bread   |
| 8<br>Hot #1 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Apple Sauce <b>OR</b> Lamb Gyro   | 9<br>Hot #1 Spinach and Chicken Sausage, Rice, Tossed Salad, Fresh Fruit <b>OR</b> Tossed Asian Salad   | 10<br>Hot #1 Tomato Basil and Three-Cheese Pizza Carrot and Celery Sticks, Wheat Bread, Fresh Fruit <b>OR</b> Hummus and Cucumber Spinach Wrap                                       | 11<br>Hot #1 Wheat Spaghetti Sweet Potato, Zucchini Volterra Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit <b>OR</b> Grilled Chicken Fajita Salad  | 12<br>Hot #1 Beef Tacos with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit <b>OR</b> Grilled Vegetable Beet Hummus Wrap (soft Wheat Tortillas for little's) |
| 15<br>Hot #1 BBQ Chicken<br>Hot #2 Ratatouille, Couscous Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt <b>OR</b> Turkey Hot Dogs on Wheat Buns  | 16<br>Hot #1 Beef Picadillo over Rice<br>Hot #2 Grilled Cheese with Tomato Basil Soup<br>Tossed Salad, Wheat Bread, Fresh Fruit <b>OR</b> Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing         | 17<br>Hot #1 Chicken Scaloppini Provençal<br>Hot #2 Lentil Stew<br>Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce <b>OR</b> Grilled Vegetable, Black Bean Hummus Wrap | 18<br>Hot #1 Chicken Mole<br>Hot #2 Zucchini, Corn Enchilada Casserole Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR</b> Bean and Cheese Burritos (Spinach Wrap)              | 19<br>Hot #1 Broiled Hamburgers<br>Hot #2 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit <b>OR</b> Asian Chicken Salad Wrap |
| 22<br>Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice),<br>Hot #2 Vegetable Paella<br>French Green beans, Wheat Bread, Fresh Fruit <b>OR</b> Lamb Gyro  | 23<br>Hot #1 Chicken, Radiatore Pasta with Diced Tomato and Basil Cream Sauce<br>Hot #2 Radiatore Pasta with Vegetables, Basil Cream Sauce<br>Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit <b>OR</b> Tossed Asian Salad | 24<br>Hot #1 Roasted Turkey with Gravy<br>Hot #2 Couscous with Tofu<br>Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit <b>OR</b> Tuna on Croissant    | 25<br>Hot #1 Spaghetti with Meat Sauce<br>Hot #2 Mushroom Vegetable Spaghetti Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce <b>OR</b> Turkey-Ham and Egg Quesadillas (Spinach Tortillas) | 26<br>Hot #1 Tomato Basil and Three-Cheese Pizza<br>Hot #2 Ratatouille Couscous, Caesar Salad, Fresh Fruit <b>OR</b> Grilled Vegetable Beet Hummus Wrap               |
| 29<br>Hot #1 South African Chutney Chicken<br>Hot #2 Lentil Mushroom Stew<br>Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Bread, Fresh Fruit <b>OR</b> Asian Chicken Salad Wrap (Spinach Wrap) | 30<br>Hot #1 Meatloaf<br>Hot #2 Loaded Baked Potato<br>Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit <b>OR</b> Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing                                 | 31<br>Hot #1 Makhani Chicken<br>Hot #32 Veggie Rice with Egg Couscous, Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt <b>OR</b> Grilled Vegetable, Black Bean Hummus Wrap     |  |   |

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
|  |  |   | 1<br>Hot #1 <b>Fish Sticks</b><br>Hot #2 <b>Gemelli Pasta with Marinara</b><br>Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit <b>OR</b> <b>Grilled Chicken Caesar Salad</b>             | 2<br><b>NO SCHOOL</b>  |
| 5<br>Hot #1 <b>Chicken Quesadilla</b><br>Hot #2 <b>Black Bean and Spinach Quesadilla</b> , Corn, Southwestern Slaw, Apple Sauce <b>OR</b> <b>Lamb Gyro</b>   | 6<br>Hot #1 <b>Braised Spinach and Chicken Sausage</b><br>Hot #2 <b>Lentil Tacos</b><br>Rice, Tossed Salad, Fresh Fruit <b>OR</b> <b>Tossed Asian Salad</b>  | 7<br>Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b><br>Hot #2 <b>Italian Veggies over Wide Egg Noodles</b><br>Carrot and Celery Sticks, Wheat Bread, Fresh Fruit <b>OR</b> <b>Hummus and Cucumber Spinach Wrap</b> | 8<br>Hot #1 <b>Chicken Volterra</b><br>Hot #2 <b>Wheat Spaghetti Sweet Potato, Zucchini Volterra</b> Tossed Salad Italian Dressing, Peas & Carrots, Wheat Bread, Fresh Fruit <b>OR</b> <b>Grilled Chicken Fajita Salad</b> | 9<br>Hot #1 <b>Beef Tacos</b><br>Hot #2 <b>Mushroom Veggie Spanish Rice</b><br>with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit <b>OR</b> <b>Grilled Vegetable Beet Hummus Wrap</b><br>(soft Wheat Tortillas for little's) |
| 12<br>Hot #1 <b>BBQ Chicken</b><br>Hot #2 <b>Ratatouille, Couscous</b><br>Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt <b>OR</b> <b>Turkey Hot Dogs on Wheat Buns</b>   | 13<br>Hot #1 <b>Beef Picadillo over Rice</b><br>Hot #2 <b>Grilled Cheese with Tomato Basil Soup</b><br>Tossed Salad, Wheat Bread, Fresh Fruit <b>OR</b> <b>Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</b> | 14<br>Hot #1 <b>Chicken Scaloppini Provencal</b><br>Hot #2 <b>Lentil Stew</b><br>Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce <b>OR</b> <b>Grilled Vegetable, Black Bean Hummus Wrap</b>             | 15<br>Hot #1 <b>Chicken Mole</b><br>Hot #2 <b>Zucchini, Corn Enchilada Casserole</b> Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR</b> <b>Bean and Cheese Burritos (Spinach Wrap)</b>                 | 16<br>Hot #1 <b>Broiled Hamburgers</b><br>Hot #2 <b>Plant Based Burgers (Wheat Buns)</b> with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit <b>OR</b> <b>Asian Chicken Salad Wrap</b>   |
| 19<br><i>Thanksgiving Break</i><br><b>NO SCHOOL</b>  | 20<br><i>Thanksgiving Break</i><br><b>NO SCHOOL</b>  | 21<br><i>Thanksgiving Break</i><br><b>NO SCHOOL</b>   | 22<br><i>Thanksgiving Break</i><br><b>NO SCHOOL</b>  | 23<br><i>Thanksgiving Break</i><br><b>NO SCHOOL</b>  |
| 26<br>Hot #1 <b>South African Chutney Chicken</b><br>Hot #2 <b>Lentil Mushroom Stew</b><br>Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Bread, Fresh Fruit <b>OR</b> <b>Asian Chicken Salad Wrap (Spinach Wrap)</b> | 27<br>Hot #1 <b>Meatloaf</b><br>Hot #2 <b>Loaded Baked Potato</b><br>Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit <b>OR</b> <b>Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing</b>                         | 28<br>Hot #1 <b>Makhani Chicken</b><br>Hot #2 <b>Veggie Rice with Egg Couscous</b> , Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt <b>OR</b> <b>Grilled Vegetable, Black Bean Hummus Wrap</b>                 | 29<br>Hot #1 <b>Fish Sticks</b><br>Hot #2 <b>Gemelli Pasta with Marinara</b><br>Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit <b>OR</b> <b>Grilled Chicken Caesar Salad</b>            | 30<br>Hot #1 <b>Tacos, Rice Bowl</b><br>Hot #2 <b>Pasta Primavera</b> Tossed Salad, Fresh Fruit <b>OR</b> <b>Italian Sandwich on Wheat Bread</b>   |

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <p>3</p> <p>Hot #1 <b>Chicken Quesadilla</b><br/>Hot #2 <b>Black Bean and Spinach Quesadilla</b>, Corn, Southwestern Slaw, Apple Sauce <b>OR</b> <b>Lamb Gyro</b></p>                               | <p>4</p> <p>Hot #1 <b>Braised Spinach and Chicken Sausage</b><br/>Hot #2 <b>Lentil Tacos</b><br/>Rice, Tossed Salad, Fresh Fruit <b>OR</b> <b>Tossed Asian Salad</b></p>  | <p>5</p> <p>Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b><br/>Hot #2 <b>Italian Veggies over Wide Egg Noodles</b><br/>Carrot and Celery Sticks, Wheat Bread, Fresh Fruit <b>OR</b> <b>Hummus and Cucumber Spinach Wrap</b></p> | <p>6</p> <p>Hot #1 <b>Chicken Volterra</b><br/>Hot #2 <b>Wheat Spaghetti Sweet Potato, Zucchini Volterra Tossed Salad</b> Italian Dressing, Peas &amp; Carrots, Wheat Bread, Fresh Fruit <b>OR</b> <b>Grilled Chicken Fajita Salad</b></p> | <p>7</p> <p><b>NO SCHOOL</b></p>   |
| <p>10</p> <p>Hot #1 <b>BBQ Chicken</b><br/>Hot #2 <b>Ratatouille, Couscous</b><br/>Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt <b>OR</b> <b>Turkey Hot Dogs on Wheat Buns</b></p> | <p>11</p> <p>Hot #1 <b>Beef Picadillo over Rice</b><br/>Hot #2 <b>Grilled Cheese with Tomato Basil Soup</b><br/>Tossed Salad, Wheat Bread, Fresh Fruit <b>OR</b> <b>Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</b></p>         | <p>12</p> <p>Hot #1 <b>Chicken Scaloppini Provencal</b><br/>Hot #2 <b>Lentil Stew</b><br/>Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce <b>OR</b> <b>Grilled Vegetable, Black Bean Hummus Wrap</b></p>             | <p>13</p> <p>Hot #1 <b>Chicken Mole</b><br/>Hot #2 <b>Zucchini, Corn Enchilada Casserole</b> Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR</b> <b>Bean and Cheese Burritos (Spinach Wrap)</b></p>                     | <p>14</p> <p>Hot #1 <b>Broiled Hamburgers</b><br/>Hot #2 <b>Plant Based Burgers (Wheat Buns)</b> with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit <b>OR</b> <b>Asian Chicken Salad Wrap</b></p> |
| <p>17</p> <p>Hot #1 <b>Chicken and Beef Sausage Jambalaya (Brown Rice)</b>,<br/>Hot #2 <b>Vegetable Paella</b><br/>French Green beans, Wheat Bread, Fresh Fruit <b>OR</b> <b>Lamb Gyro</b></p>      | <p>18</p> <p>Hot #1 <b>Chicken, Radiatore Pasta with Diced Tomato and Basil Cream Sauce</b><br/>Hot #2 <b>Radiatore Pasta with Vegetables, Basil Cream Sauce</b><br/>Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit <b>OR</b> <b>Tossed Asian Salad</b></p> | <p>19</p> <p>Hot #1 <b>Roasted Turkey with Gravy</b><br/>Hot #2 <b>Couscous with Tofu</b><br/>Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit <b>OR</b> <b>Tuna on Croissant</b></p>                | <p>20</p> <p><i>Christmas Break</i></p> <p><b>NO SCHOOL</b></p>  | <p>21</p> <p><i>Christmas Break</i></p> <p><b>NO SCHOOL</b></p>  |
| <p>24</p> <p><i>Christmas Break</i></p> <p><b>NO SCHOOL</b></p>   | <p>25</p> <p><i>Christmas Break</i></p> <p><b>NO SCHOOL</b></p>   | <p>26</p> <p><i>Christmas Break</i></p> <p><b>NO SCHOOL</b></p>  | <p>27</p> <p><i>Christmas Break</i></p> <p><b>NO SCHOOL</b></p>  | <p>28</p> <p><i>Christmas Break</i></p> <p><b>NO SCHOOL</b></p>  |
| <p>31</p> <p><i>Christmas Break</i></p> <p><b>NO SCHOOL</b></p>   |   |  |  |  |

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
|  | 1  | 2  | 3   | 4  |
|  | <i>Christmas Break</i>   | <i>Christmas Break</i>   | <i>Christmas Break</i>  | <i>Christmas Break</i>   |
|  | <b>NO SCHOOL</b>   | <b>NO SCHOOL</b>   | <b>NO SCHOOL</b>  | <b>NO SCHOOL</b>   |
| 7  | 8  | 9  | 10  | 11   |
| <i>Christmas Break</i>   | Hot #1 <b>Beef Picadillo over Rice</b><br>Hot #2 <b>Grilled Cheese with Tomato Basil Soup</b><br>Tossed Salad, Wheat Bread, Fresh Fruit <b>OR</b> <b>Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</b>         | Hot #1 <b>Chicken Scaloppini Provençal</b><br>Hot #2 <b>Lentil Stew</b><br>Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce <b>OR</b> <b>Grilled Vegetable, Black Bean Hummus Wrap</b>              | Hot #1 <b>Chicken Mole</b><br>Hot #2 <b>Zucchini, Corn Enchilada Casserole</b> Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR</b> <b>Bean and Cheese Burritos (Spinach Wrap)</b>                  | Hot #1 <b>Broiled Hamburgers</b><br>Hot #2 <b>Plant Based Burgers (Wheat Buns)</b> with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit <b>OR</b> <b>Asian Chicken Salad Wrap</b> |
| <b>NO SCHOOL</b>   |  |  |   |  |
| 14   | 15   | 16   | 17  | 18   |
| Hot #1 <b>Chicken and Beef Sausage Jambalaya (Brown Rice)</b> ,<br>Hot #2 <b>Vegetable Paella</b><br>French Green beans, Wheat Bread, Fresh Fruit <b>OR</b> <b>Lamb Gyro</b> | Hot #1 <b>Chicken, Radiatore Pasta with Diced Tomato and Basil Cream Sauce</b><br>Hot #2 <b>Radiatore Pasta with Vegetables, Basil Cream Sauce</b><br>Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit <b>OR</b> <b>Tossed Asian Salad</b> | Hot #1 <b>Roasted Turkey with Gravy</b><br>Hot #2 <b>Couscous with Tofu</b><br>Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit <b>OR</b> <b>Tuna on Croissant</b>                 | Hot #1 <b>Spaghetti with Meat Sauce</b><br>Hot #2 <b>Mushroom Vegetable Spaghetti</b> Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce <b>OR</b> <b>Turkey-Ham and Egg Quesadillas (Spinach Tortillas)</b>     | Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b><br>Hot #2 <b>Ratatouille Couscous</b> , Caesar Salad, Fresh Fruit <b>OR</b> <b>Grilled Vegetable Beet Hummus Wrap</b>              |
| <i>MLK Day</i>   |  |  |   |  |
| <b>NO SCHOOL</b>   |  |  |   |  |
| 21   | 22   | 23   | 24  | 25   |
|  | Hot #1 <b>Meatloaf</b><br>Hot #2 <b>Loaded Baked Potato</b><br>Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit <b>OR</b> <b>Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing</b>                                 | Hot #1 <b>Makhani Chicken</b><br>Hot #2 <b>Veggie Rice with Egg Couscous</b> , Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt <b>OR</b> <b>Grilled Vegetable, Black Bean Hummus Wrap</b>                  | Hot #1 <b>Fish Sticks</b><br>Hot #2 <b>Gemelli Pasta with Marinara</b><br>Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit <b>OR</b> <b>Grilled Chicken Caesar Salad</b>             | Hot #1 <b>Tacos, Rice Bowl</b><br>Hot #2 <b>Pasta Primavera</b> Tossed Salad, Fresh Fruit <b>OR</b> <b>Italian Sandwich on Wheat Bread</b>   |
| 28   | 29   | 30   | 31  |  |
| Hot #1 <b>Chicken Quesadilla</b><br>Hot #2 <b>Black Bean and Spinach Quesadilla</b> , Corn, Southwestern Slaw, Apple Sauce <b>OR</b> <b>Lamb Gyro</b>                        | Hot #1 <b>Braised Spinach and Chicken Sausage</b><br>Hot #2 <b>Lentil Tacos</b><br>Rice, Tossed Salad, Fresh Fruit <b>OR</b> <b>Tossed Asian Salad</b>   | Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b><br>Hot #2 <b>Italian Veggies over Wide Egg Noodles</b><br>Carrot and Celery Sticks, Wheat Bread, Fresh Fruit <b>OR</b> <b>Hummus and Cucumber Spinach Wrap</b> | Hot #1 <b>Chicken Volterra</b><br>Hot #2 <b>Wheat Spaghetti</b> Sweet Potato, Zucchini Volterra Tossed Salad Italian Dressing, Peas & Carrots, Wheat Bread, Fresh Fruit <b>OR</b> <b>Grilled Chicken Fajita Salad</b> |  |

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
|   |  |  |  | 1<br>Hot #1 <b>Beef Tacos</b><br>Hot #2 <b>Mushroom Veggie Spanish Rice</b> with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit <b>OR Grilled Vegetable Beet Hummus Wrap</b> (soft Wheat Tortillas for little's) |
| 4<br>Hot #1 <b>BBQ Chicken</b><br>Hot #2 <b>Ratatouille, Couscous</b> Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt <b>OR Turkey Hot Dogs on Wheat Buns</b> | 5<br>Hot #1 <b>Beef Picadillo over Rice</b><br>Hot #2 <b>Grilled Cheese with Tomato Basil Soup</b> Tossed Salad, Wheat Bread, Fresh Fruit <b>OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</b>          | 6<br>Hot #1 <b>Chicken Scaloppini Provencal</b><br>Hot #2 <b>Lentil Stew</b> Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce <b>OR Grilled Vegetable, Black Bean Hummus Wrap</b>               | 7<br>Hot #1 <b>Chicken Mole</b><br>Hot #2 <b>Zucchini, Corn Enchilada Casserole</b> Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR Bean and Cheese Burritos (Spinach Wrap)</b>                   | 8<br>Hot #1 <b>Broiled Hamburgers</b><br>Hot #2 <b>Plant Based Burgers (Wheat Buns)</b> with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit <b>OR Asian Chicken Salad Wrap</b>  |
| 11<br>Hot #1 <b>Chicken and Beef Sausage Jambalaya (Brown Rice)</b> ,<br>Hot #2 <b>Vegetable Paella</b> French Green beans, Wheat Bread, Fresh Fruit <b>OR Lamb Gyro</b>    | 12<br>Hot #1 <b>Chicken, Radiatore Pasta with Diced Tomato and Basil Cream Sauce</b><br>Hot #2 <b>Radiatore Pasta with Vegetables, Basil Cream Sauce</b> Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit <b>OR Tossed Asian Salad</b> | 13<br>Hot #1 <b>Roasted Turkey with Gravy</b><br>Hot #2 <b>Couscous with Tofu</b> Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit <b>OR Tuna on Croissant</b>                 | 14<br>Hot #1 <b>Spaghetti with Meat Sauce</b><br>Hot #2 <b>Mushroom Vegetable Spaghetti</b> Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce <b>OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)</b>     | 15<br>Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b><br>Hot #2 <b>Ratatouille Couscous</b> , Caesar Salad, Fresh Fruit <b>OR Grilled Vegetable Beet Hummus Wrap</b>  |
| 18<br><i>President's Day</i><br><br><b>NO SCHOOL</b>  | 19<br>Hot #1 <b>Meatloaf</b><br>Hot #2 <b>Loaded Baked Potato</b> Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit <b>OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing</b>                                 | 20<br>Hot #1 <b>Makhani Chicken</b><br>Hot #2 <b>Veggie Rice with Egg Couscous</b> , Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt <b>OR Grilled Vegetable, Black Bean Hummus Wrap</b>               | 21<br>Hot #1 <b>Fish Sticks</b><br>Hot #2 <b>Gemelli Pasta with Marinara</b> Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit <b>OR Grilled Chicken Caesar Salad</b>                | 22<br>Hot #1 <b>Tacos, Rice Bowl</b><br>Hot #2 <b>Pasta Primavera</b> Tossed Salad, Fresh Fruit <b>OR Italian Sandwich on Wheat Bread</b>   |
| 25<br>Hot #1 <b>Chicken Quesadilla</b><br>Hot #2 <b>Black Bean and Spinach Quesadilla</b> , Corn, Southwestern Slaw, Apple Sauce <b>OR Lamb Gyro</b>                        | 26<br>Hot #1 <b>Braised Spinach and Chicken Sausage</b><br>Hot #2 <b>Lentil Tacos</b> Rice, Tossed Salad, Fresh Fruit <b>OR Tossed Asian Salad</b>   | 27<br>Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b><br>Hot #2 <b>Italian Veggies over Wide Egg Noodles</b> Carrot and Celery Sticks, Wheat Bread, Fresh Fruit <b>OR Hummus and Cucumber Spinach Wrap</b> | 28<br>Hot #1 <b>Chicken Volterra</b><br>Hot #2 <b>Wheat Spaghetti Sweet Potato, Zucchini Volterra</b> Tossed Salad Italian Dressing, Peas & Carrots, Wheat Bread, Fresh Fruit <b>OR Grilled Chicken Fajita Salad</b> |   |

# WHITE ROCK

# March 2019

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
|   |  |   |   | 1<br>Hot #1 <b>Beef Tacos</b><br>Hot #2 <b>Mushroom Veggie Spanish Rice</b><br>with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit<br><b>OR Grilled Vegetable Beet Hummus Wrap</b><br>(soft Wheat Tortillas for little's)  |
| 4<br>Hot #1 <b>BBQ Chicken</b><br>Hot #2 <b>Ratatouille, Couscous</b><br>Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt<br><b>OR Turkey Hot Dogs on Wheat Buns</b>   | 5<br>Hot #1 <b>Beef Picadillo over Rice</b><br>Hot #2 <b>Grilled Cheese with Tomato Basil Soup</b><br>Tossed Salad, Wheat Bread, Fresh Fruit <b>OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</b> | 6<br>Hot #1 <b>Chicken Scaloppini Provencal</b><br>Hot #2 <b>Lentil Stew</b><br>Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce <b>OR Grilled Vegetable, Black Bean Hummus Wrap</b>               | 7<br>Hot #1 <b>Chicken Mole</b><br>Hot #2 <b>Zucchini, Corn Enchilada Casserole</b><br>Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR Bean and Cheese Burritos (Spinach Wrap)</b>                   | 8<br>Hot #1 <b>Broiled Hamburgers</b><br>Hot #2 <b>Plant Based Burgers (Wheat Buns)</b><br>with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit <b>OR Asian Chicken Salad Wrap</b>   |
| 11<br><i>Spring Break</i><br><b>NO SCHOOL</b>   | 12<br><i>Spring Break</i><br><b>NO SCHOOL</b>  | 13<br><i>Spring Break</i><br><b>NO SCHOOL</b>   | 14<br><i>Spring Break</i><br><b>NO SCHOOL</b>   | 15<br><i>Spring Break</i><br><b>NO SCHOOL</b>   |
| 18<br>Hot #1 <b>South African Chutney Chicken</b><br>Hot #2 <b>Lentil Mushroom Stew</b><br>Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Bread, Fresh Fruit <b>OR Asian Chicken Salad Wrap (Spinach Wrap)</b> | 19<br>Hot #1 <b>Meatloaf</b><br>Hot #2 <b>Loaded Baked Potato</b><br>Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit <b>OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing</b>                        | 20<br>Hot #1 <b>Makhani Chicken</b><br>Hot #2 <b>Veggie Rice with Egg Couscous</b> , Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt <b>OR Grilled Vegetable, Black Bean Hummus Wrap</b>                  | 21<br>Hot #1 <b>Fish Sticks</b><br>Hot #2 <b>Gemelli Pasta with Marinara</b><br>Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit <b>OR Grilled Chicken Caesar Salad</b>                | 22<br>Hot #1 <b>Tacos, Rice Bowl</b><br>Hot #2 <b>Pasta Primavera</b><br>Tossed Salad, Fresh Fruit <b>OR Italian Sandwich on Wheat Bread</b>  |
| 25<br>Hot #1 <b>Chicken Quesadilla</b><br>Hot #2 <b>Black Bean and Spinach Quesadilla</b> , Corn, Southwestern Slaw, Apple Sauce <b>OR Lamb Gyro</b>  | 26<br>Hot #1 <b>Braised Spinach and Chicken Sausage</b><br>Hot #2 <b>Lentil Tacos</b><br>Rice, Tossed Salad, Fresh Fruit <b>OR Tossed Asian Salad</b>  | 27<br>Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b><br>Hot #2 <b>Italian Veggies over Wide Egg Noodles</b><br>Carrot and Celery Sticks, Wheat Bread, Fresh Fruit <b>OR Hummus and Cucumber Spinach Wrap</b> | 28<br>Hot #1 <b>Chicken Volterra</b><br>Hot #2 <b>Wheat Spaghetti Sweet Potato, Zucchini Volterra</b><br>Tossed Salad Italian Dressing, Peas & Carrots, Wheat Bread, Fresh Fruit <b>OR Grilled Chicken Fajita Salad</b> | 29<br>Hot #1 <b>Beef Tacos</b><br>Hot #2 <b>Mushroom Veggie Spanish Rice</b><br>with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit<br><b>OR Grilled Vegetable Beet Hummus Wrap</b><br>(soft Wheat Tortillas for little's) |



| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <p>1</p> <p>Hot #1 <b>BBQ Chicken</b><br/>Hot #2 <b>Ratatouille, Couscous</b><br/>Broccoli Brown Rice Casserole,<br/>Cole Slaw, Wheat Bread, Yogurt<br/><b>OR Turkey Hot Dogs on Wheat Buns</b></p>                                      | <p>2</p> <p>Hot #1 <b>Beef Picadillo over Rice</b><br/>Hot #2 <b>Grilled Cheese with Tomato Basil Soup</b><br/>Tossed Salad, Wheat Bread,<br/>Fresh Fruit <b>OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</b></p>     | <p>3</p> <p>Hot #1 <b>Chicken Scaloppini Provençal</b><br/>Hot #2 <b>Lentil Stew</b><br/>Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce<br/><b>OR Grilled Vegetable, Black Bean Hummus Wrap</b></p>           | <p>4</p> <p>Hot #1 <b>Chicken Mole</b><br/>Hot #2 <b>Zucchini, Corn Enchilada Casserole</b><br/>Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR Bean and Cheese Burritos (Spinach Wrap)</b></p>                       | <p>5</p> <p>Hot #1 <b>Broiled Hamburgers</b><br/>Hot #2 <b>Plant Based Burgers (Wheat Buns)</b> with Lettuce, Tomato, Roasted New Potatoes, Fresh Fruit <b>OR Asian Chicken Salad Wrap</b></p>   |
| <p>8</p> <p>Hot #1 <b>Chicken and Beef Sausage Jambalaya (Brown Rice),</b><br/>Hot #2 <b>Vegetable Paella</b><br/>French Green beans, Wheat Bread, Fresh Fruit <b>OR Lamb Gyro</b></p>   | <p>9</p> <p>Hot #1 <b>Chicken, Radiatore Pasta with Diced Tomato and Basil Cream Sauce</b><br/>Hot #2 <b>Radiatore Pasta with Vegetables, Basil Cream Sauce</b><br/>Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit <b>OR Tossed Asian Salad</b></p> | <p>10</p> <p>Hot #1 <b>Roasted Turkey with Gravy</b><br/>Hot #2 <b>Couscous with Tofu</b><br/>Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit <b>OR Tuna on Croissant</b></p>                 | <p>11</p> <p>Hot #1 <b>Spaghetti with Meat Sauce</b><br/>Hot #2 <b>Mushroom Vegetable Spaghetti</b><br/>Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce <b>OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)</b></p>         | <p>12</p> <p>Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b><br/>Hot #2 <b>Ratatouille Couscous,</b><br/>Caesar Salad, Fresh Fruit <b>OR Grilled Vegetable Beet Hummus Wrap</b></p>  |
| <p>15</p> <p>Hot #1 <b>South African Chutney Chicken</b><br/>Hot #2 <b>Lentil Mushroom Stew</b><br/>Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Bread, Fresh Fruit <b>OR Asian Chicken Salad Wrap (Spinach Wrap)</b></p> | <p>16</p> <p>Hot #1 <b>Meatloaf</b><br/>Hot #2 <b>Loaded Baked Potato</b><br/>Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit <b>OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing</b></p>                                | <p>17</p> <p>Hot #1 <b>Makhani Chicken</b><br/>Hot #2 <b>Veggie Rice with Egg Couscous,</b><br/>Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt <b>OR Grilled Vegetable, Black Bean Hummus Wrap</b></p>                | <p>18</p> <p>Hot #1 <b>Fish Sticks</b><br/>Hot #2 <b>Gemelli Pasta with Marinara</b><br/>Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit <b>OR Grilled Chicken Caesar Salad</b></p>                    | <p>19</p> <p style="text-align: center;"><i>School Holiday</i></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>   |
| <p>22</p> <p style="text-align: center;"><i>School Holiday</i></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>   | <p>23</p> <p>Hot #1 <b>Braised Spinach and Chicken Sausage</b><br/>Hot #2 <b>Lentil Tacos</b><br/>Rice, Tossed Salad, Fresh Fruit <b>OR Tossed Asian Salad</b></p>  | <p>24</p> <p>Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b><br/>Hot #2 <b>Italian Veggies over Wide Egg Noodles</b><br/>Carrot and Celery Sticks, Wheat Bread, Fresh Fruit <b>OR Hummus and Cucumber Spinach Wrap</b></p> | <p>25</p> <p>Hot #1 <b>Chicken Volterra</b><br/>Hot #2 <b>Wheat Spaghetti Sweet Potato, Zucchini Volterra</b><br/>Tossed Salad Italian Dressing, Peas &amp; Carrots, Wheat Bread, Fresh Fruit <b>OR Grilled Chicken Fajita Salad</b></p> | <p>26</p> <p>Hot #1 <b>Beef Tacos</b><br/>Hot #2 <b>Mushroom Veggie Spanish Rice</b><br/>with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit <b>OR Grilled Vegetable Beet Hummus Wrap</b><br/>(soft Wheat Tortillas for little's)</p> |
| <p>29</p> <p>Hot #1 <b>BBQ Chicken</b><br/>Hot #2 <b>Ratatouille, Couscous</b><br/>Broccoli Brown Rice Casserole,<br/>Cole Slaw, Wheat Bread, Yogurt<br/><b>OR Turkey Hot Dogs on Wheat Buns</b></p>                                     | <p>30</p> <p>Hot #1 <b>Beef Picadillo over Rice</b><br/>Hot #2 <b>Grilled Cheese with Tomato Basil Soup</b><br/>Tossed Salad, Wheat Bread,<br/>Fresh Fruit <b>OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</b></p>    |  |  |  |

# WHITE ROCK

# May 2019

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
|   |  | 1<br>Hot #1 <b>Chicken Scaloppini Provençal</b><br>Hot #2 <b>Lentil Stew</b><br>Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce <b>OR Grilled Vegetable, Black Bean Hummus Wrap</b> | 2<br>Hot #1 <b>Chicken Mole</b><br>Hot #2 <b>Zucchini, Corn Enchilada Casserole</b><br>Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR Bean and Cheese Burritos (Spinach Wrap)</b>              | 3<br><b>NO SCHOOL</b>  |
| 6<br>Hot #1 <b>Chicken and Beef Sausage Jambalaya (Brown Rice)</b> ,<br>Hot #2 <b>Vegetable Paella</b><br>French Green beans, Wheat Bread, Fresh Fruit <b>OR Lamb Gyro</b>  | 7<br>Hot #1 <b>Chicken, Radiatore Pasta with Diced Tomato and Basil Cream Sauce</b><br>Hot #2 <b>Radiatore Pasta with Vegetables, Basil Cream Sauce</b><br>Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit <b>OR Tossed Asian Salad</b> | 8<br>Hot #1 <b>Roasted Turkey with Gravy</b><br>Hot #2 <b>Couscous with Tofu</b><br>Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit <b>OR Tuna on Croissant</b>    | 9<br>Hot #1 <b>Spaghetti with Meat Sauce</b><br>Hot #2 <b>Mushroom Vegetable Spaghetti</b><br>Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce <b>OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)</b> | 10<br>Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b><br>Hot #2 <b>Ratatouille Couscous</b> ,<br>Caesar Salad,<br>Fresh Fruit <b>OR Grilled Vegetable Beet Hummus Wrap</b> |
| 13<br>Hot #1 <b>South African Chutney Chicken</b><br>Hot #2 <b>Lentil Mushroom Stew</b><br>Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Bread, Fresh Fruit <b>OR Asian Chicken Salad Wrap (Spinach Wrap)</b> | 14<br>Hot #1 <b>Meatloaf</b><br>Hot #2 <b>Loaded Baked Potato</b><br>Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit <b>OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing</b>                                | 15<br>Hot #1 <b>Makhani Chicken</b><br>Hot #2 <b>Veggie Rice with Egg Couscous</b> ,<br>Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt <b>OR Grilled Vegetable, Black Bean Hummus Wrap</b> | 16<br>Hot #1 <b>Fish Sticks</b><br>Hot #2 <b>Gemelli Pasta with Marinara</b><br>Spinach Salad with Parmesan Ranch, Brown Rice with Peas, Wheat Bread, Fresh Fruit <b>OR Grilled Chicken Caesar Salad</b>           | 17<br>Hot #1 <b>Tacos, Rice Bowl</b><br>Hot #2 <b>Pasta Primavera</b><br>Tossed Salad, Fresh Fruit <b>OR Italian Sandwich on Wheat Bread</b>                                 |
| 20<br>Hot #1 <b>Chicken Quesadilla</b><br>Hot #2 <b>Black Bean and Spinach Quesadilla</b> ,<br>Corn, Southwestern Slaw, Apple Sauce <b>OR Lamb Gyro</b>   | 21<br><i>Last Day</i><br><br><b>NO LUNCH</b>   | 22  | 23   | 24   |
| 27  | 28   |   |  |  |