

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No School	3 No School	4 Grilled Ham & Cheese Sandwiches GF Option Or Chicken Caesar Salad	5 French Bread Pizza GF Option (Select Hawaiian, Pepperoni or Cheese) Or Chicken Caesar Salad
8 Creamy White Cheddar Mac & Cheese GF Option Or SW Chicken Salad GF/DF Option	9 Chicken Fried Rice w/ Egg Roll Or SW Chicken Salad GF/DF Option	10 Soft Tacos GF/DF Option Or SW Chicken Salad GF/DF Option	11 9th-12th Grade Field Trip Spaghetti with Meat or Red Sauce DF, GF Option Or SW Chicken Salad GF/DF Option	12 Ham, Egg & Cheese Sandwiches GF Option Or SW Chicken Salad GF/DF Option
15 No School	16 Blueberry Muffins with Ham Scramble GF & DF Option Or Cobb Salad GF, DF Option	17 Lasagna GF Option Or Cobb Salad GF, DF Option	18 Chicken Quesadillas GF Option Or Cobb Salad GF, DF Option	19 French Dip Sandwiches DF, GF Option Or Cobb Salad GF, DF Option
22 Baked Potato Bar GF, DF Option Or Hummus Plate DF	23 Chicken Noodle Soup DF, GF Option Or Hummus Plate DF	24 Pancakes, Eggs & Sausage GF & DF Option Or Hummus Plate DF	25 Burrito Bowls GF, DF Option Or Hummus Plate DF	26 Hawaiian Chicken & Rice GF & DF Or Hummus Plate DF
29 Cheese Tortellini with Red or Alfredo sauce GF Option Or Asian Chicken Salad GF & DF	30 BBQ Chicken, Mashed Potatoes & Corn GF Option Or Asian Chicken Salad GF & DF	31 French Toast & Sausage GF & DF Option Or Asian Chicken Salad GF & DF		

- We strive to make as much of our food from scratch as possible.
- Gluten-free and dairy-free options regularly offered. Please be advised that we are not a gluten-free kitchen and gluten cross-contamination may occur. We use GF bread, noodles, and/or sauces in the GF option meals. If dairy-free is offered, we can omit the dairy-containing item as the lunch is prepared.
- Regular and large-size lunch options available
- Fruit and veggie or salad offered daily
- Water provided in the cafeteria, milk available for purchase.
- Forgot your lunch? Or didn't have time to make a lunch? We have a sack lunch bag (i.e. string cheese, yogurt, protein bar, fruit and veggie) available for a fee that will be added to the parent's FACTS account.