



Menu P-8 2022-2023



 CHEF'S TABLE <small>WORLD FLAVORS</small>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Mac 'n Cheese with Veggies & Dip served with choice of milk or juice \$6.75	Tex Mex Tacos with Mexican Rice and Corn served with choice of milk or juice \$6.75	Cheese Pizza Slice & Caesar Salad served with choice of milk or juice \$6.75	Spaghetti with Meat Sauce & Garlic Bread Stick served with choice of milk or juice \$6.75	Hamburger & Roasted Potato Wedges served with choice of milk or juice \$6.75
WEEK 2	Baked Goulash with Bread Stick served with choice of milk or juice \$6.75	Chicken Caesar Wrap with Veggies & Dip served with choice of milk or juice \$6.75	Shepherds Pie Bowl with Steamed Carrots served with choice of milk or juice \$6.75	Sweet & Sour Chicken, Rice Bowl & Stir Fried Veggies served with choice of milk or juice \$6.75	Ham & Cheese Sub with Veggies & Dip served with choice of milk or juice \$6.75
<u>WEEK 1 DATES</u> September 6- 8 September 19 - 23 October 3 - 7 October 17 - 21 October 31 - Nov 4 November 14 - 18 Nov 28 - Dec 2 December 12 - 16 December 26 - 30 January 9 - 13 January 23 - 27 February 6 - 10 February 20 - 24 March 6 - 10			<u>WEEK 2 DATES</u> March 20 - 24 April 3 - 7 April 17 - 21 May 1 - 5 May 15 -19 May 29 - June 2 June 12 - 16 September 12 - 16 September 26 - 30 October 10 - 14 October 24 - 28 November 7 - 11 November 21 -25 December 5 - 9 December 19 - 23 January 2 - 6 January 16 - 20 January 30 - February 3 February 13 - 17 February 27 - March 3 March 13 - 17 March 27 - 31 April 10 - 14 April 24 - 28 May 8 - 12 May 22 - 26 June 5 - 9 June 19 - 23		



Daily Items P-8 2022-2023



	Mon/Wed	Grilled Hamburger	\$ 4.30
	Mon/Wed	Cheeseburger	\$ 5.00
		Grilled Chicken Burger	\$ 4.75
	Mon/Wed	Crispy Chicken Burger	\$ 4.75
	Mon/Wed	Chicken Nuggets with Sauce	\$ 3.75
	Mon/Wed	Roasted Potato Wedges	\$ 3.50
	Mon/Wed	Baked Popcorn Chicken with Sauce	\$ 3.85
	Mon/Wed	Baked Fries	\$ 3.50
	Mon/Wed	Gravy	\$ 0.50
		Tuna Salad Sandwich on WW	\$ 4.30
		Grilled Cheese Sandwich	\$ 4.10
		Ham & Cheese on WW	\$ 4.30
		Chicken Snack Wrap	\$ 4.00
		Garden Salad - 12oz	\$ 4.50
		Caesar Salad - 12oz	\$ 4.50
	Wed	Pizza Slice	\$ 4.30
	Wed	Garlic Fingers	\$ 4.75

	Baked Tortillas and Salsa	\$ 2.75
	Veggies and Dip with Ranch	\$ 3.00
	Cheese, Grapes and Crackers	\$ 4.25
	Apple Wedges with Honey Yogurt Dip	\$ 3.25
	Local Apples	\$ 1.50
	Fresh Grapes (2oz)	\$ 1.85
	Carrot & Celery sticks with dip	\$ 2.00
	Small Milk	\$ 0.40
	Large Milk	\$ 0.80
	Small Chocolate Milk	\$ 2.25
	Large Chocolate Milk	\$ 3.25
	500ml Water Nestle	\$ 1.75
	591ml Water Aquafina/Dasani	\$ 2.25
	Can Juice	\$ 2.00
	Sparkling Can Water	\$ 2.00
	1oz Cookie	\$ 0.85
	Fresh Baked Muffin Small	\$ 1.25
	Reduced Fat Banana Loaf	\$ 2.00
	Oatmeal Berry Loaf	\$ 1.50
	Cinnamon Buns	\$ 1.75
	Rice Krispie Square	\$ 1.25