

2022-2023 FARM TO SCHOOL - LUNCH CYCLE MENU

All meals include a choice of either chocolate or white skim milk or 1% white milk

WEEK 1

GRILLED CHEESE W/TOMATO SOUP	BBQ PORK SANDWICH	CREOLE MACARONI <u>OR</u> SPAGHETTI	HOT TURKEY SANDWICH	HAMBURGER STEAK W/ GRAVY STEAMED RICE
EDAMAME CAESAR SALAD FRESH FRUITS	W/LETTUCE AND TOMATO POTATO WEDGES, FRIES FRESH FRUIT	SPINACH AND ROMAINE SALAD CORN FRESH FRUITS WG FRENCH ROLL	CORN ZUCCHINI CARROTS FRESH FRUITS WG ROLL	CUCUMBER FRESH CARROT STICKS BAKED BEANS FRESH FRUIT WG ROLL (9-A)

WEEK 2

CHEESE PIZZA	KOREAN CHICKEN STEAMED RICE	HAMBURGER CURRY <u>OR</u> ITALIAN MEATBALLS W/MARINARA SAUCE	HAMBURGER OR CHEESEBURGER	TUNA SALAD SANDWICH
VEGGIE STICKS W/DIP (CARROTS/CELERY) EDAMAME FRESH FRUITS	VEGETABLE STIR-FRY FRESH FRUIT EDAMAME WG ROLL (9-A)	STEAMED RICE BAKED BEANS COLESLAW FRESH FRUITS WG ROLL (9-A)	W/LETTUCE AND TOMATO POTATO WEDGE FRIES FRESH FRUITS	W/ LETTUCE AND TOMATO (K-8, 9-A) POTATO WEDGES FRESH FRUITS

WEEK 3

GRILLED CHEESE W/TOMATO SOUP	SLOPPY JOE ON WG BUN	CRISPY NACHOS W/ CHILI & QUESO CHEESE	OVEN BAKED CHICKEN W/ GRAVY AND STEAMED RICE	KALUA PORK W/CABBAGE
EDAMAME CAESAR SALAD FRESH FRUIT	COLESLAW WEDGE FRIES FRESH FRUIT	SPINACH AND ROMAINE SALAD CHOPPED TOMATO FRESH FRUITS	BROCCOLI EDAMAME WG ROLL(9-A)	LOMI TOMATO OR CHERRY TOMATO CUCUMBER SWEET POTATO FRESH FRUIT WG ROLL(9-A)

WEEK 4

CHEESE PIZZA	TURKEY HAM SANDWICH	ROAST PORK STEAMED RICE	TERIBURGER	KOREAN CHICKEN STEAMED RICE
CARROT STICKS CORN FRESH FRUIT	W/ LETTUCE AND TOMATO VEGGIE STICKS/W DIP EDAMAME FRESH FRUIT YOGURT	BAKED BEANS COLESLAW FRESH FRUITS WG ROLL(9-A)	W/LETTUCE AND TOMATO (K-8, 9-A) POTATO WEDGES, FRIES FRESH FRUIT	CORN BROCCOLI FRESH FRUITS WG ROLL (9-A)