




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 style="color: blue;">FREE breakfast for all students at West End!</h1>				
3 Breakfast Breakfast Pizza Lunch Cheesy Stuffed Shells Baked Lasagna Steamed Broccoli Glazed Carrots Cheese Filled Breadstick <i>Riptastic Day</i> or Choice of Fruit	4 Breakfast French Toast Lunch Baked Pork Chops Chicken Alfredo Steamed Collard Greens Steamed Yellow Squash Choice of Fruit Dinner Roll	5 Breakfast Pork Chop Biscuit Lunch Chicken Fajitas Nachos w/Meat Sauce Refried Beans Black Bean & Corn Salad Choice of Fruit	6 Breakfast Choice of Muffin Lunch Chicken Fajitas Pizza Bird Dog Smiley Fries Spinach Salad with Cherry Tomatoes Choice of Fruit	7 Breakfast Cinnamon Roll Lunch Chicken Sandwich Fish Sandwich Lettuce & Tomato Baby Carrot Sticks or Cole Slaw <i>TGI Friday's on Friday</i>
 				
17 Breakfast Pancake Pup Lunch Cheeseburger Lettuce & Tomato Hot Dog w/Chili Tater Tots Cole Slaw Choice of Fruit	18 Breakfast Chicken Biscuit Lunch Tangerine Chicken Teriyaki Beef Fried Rice Roasted Zucchini Vegetable Cup with Ranch Dressing Choice of Fruit & Garlic Bread	19 Breakfast Blueberry Pancakes Lunch Steak Patty or Canadian Bacon Scrambled Eggs & Cheese Grits Hash Browns Cherry Tomatoes w/Ranch Dressing Fresh Orange or Choice of Fruit Homemade Biscuit	20 Breakfast Cheese Toast Lunch Fish Sticks w/Hushpuppies Italian Mozzarella Cheese Sticks with Marinara Dipping Sauce Fresh Carrots with Ranch Dressing Spinach Salad <i>Riptastic Day</i> or Choice of Fruit	21 Breakfast Sausage Biscuit Lunch Pizza Arika's Ranch Bean Chicken Salad with Chips Steamed Corn Hummus w/ Celery Sticks Choice of Fruit
24 Breakfast Twin Mini Sausage Biscuits Lunch Country Style Steak Teriyaki Chicken Quinoa Oriental Vegetables Glazed Carrots Choice of Fruit & <i>Brownie</i>	25 Breakfast Dutch Waffle Lunch Cheese Quesadilla Wedges Taco Salad Salsa & Cheese Black Beans w/ Red Peppers Mexicali Corn Choice of Fruit	26 Breakfast Cinnamon Bread Lunch Chicken & Waffles Pizza Bagel Fresh Broccoli w/ Ranch Dressing Tater tots Choice of Fruit	27 Breakfast Pancake Pup Lunch Pizza Baked Ravioli w/ Garlic Breadstick Spring Salad with Cherry Tomatoes Pinto Beans Choice of Fruit	28 Breakfast Fruit Pocket Lunch Chicken Ranch Wrap Bar-B-Que Sandwich Baked Beans Carrot Sticks w/ Dressing Choice of Fruit <i>TGI Friday's on Friday</i>
MILK OFFERED DAILY AT BREAKFAST AND LUNCH / FRUIT JUICE AND COLD CEREALS AT BREAKFAST				

REMINDER PARENTS: Federal Regulations Do Not Allow Carbonated Beverages in the Cafeteria

Yogurt Plates or Peanut Butter & Jelly Sandwiches Available Daily at Lunch

USDA is an Equal Opportunity Provider
Menu is subject to change depending upon availability of food items.

