

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

* Special Event Menu
Von Renner BBQ
Hurd Barrington BBQ
Bonita BBQ
Hunt BBQ

Special Event Menu
Fried Chicken
Biscuit
Rice Crispy Treat

1
Chicken Teriyaki & Rice
Cheese Italian Dunkers*
Crispy Chicken Salad & Roll
Von Renner Special Event*
Fruit
Beans & Carrots

You must select a half a cup of fruit or vegetable or a combination of both with your meal. You may select more.

4

Spaghetti w/ 100%
All Beef Meat Sause
Beans & Cheese Burrito*
Roasted Turkey & Cheddar
Sandwich
Protein Pack w/ Hard Boiled Egg*
Fruit
Black Beans & Carrots

5

Turkey Hot Dogs
100% Mozzarella Cheese*
or Pepperoni Pizza (Round)
American Sub Sandwich
Chicken Caesar Salad & Roll
Fruit
Carrots & Celery

6

Crispy Chicken w/ Fries
Asian Chicken Salad
Peanut Butter & Jelly Sandwich
w/ String Cheese*
Fruit
Carrots & Salsa

7

Nachos
100% Mozzarella Cheese*
or Pepperoni Pizza
Hummus Tray
Fruit
Broccoli & Carrots & Corn

8

Chicken Tenders & Roll
Cheesy Italian Dunkers*
Deli Ham & Cheddar Sandwich
Fiesta Taco Salad w/100%
All Beef Crumble & Tortilla Chips
Hurd Barrington Special Event*
Fruit
Carrots

We offer fruits an vegetables daily for your selection with your lunch meal.

11

Macaroni & Cheese*
Hamburger w/ Fries
Protein Pack w/ Hard Boiled Egg*
Fruit
Pinto Beans & Carrots

12

Orange Chicken w/ Rice
100% Mozzarella Cheese*
or Pepperoni Pizza (Round)
Asian Chicken Salad & Roll
Fruit
Carrots

13

Pigs in a Blanket
Crispy Chicken Sandwich
Deli Ham & Cheddar Sandwich
Rainbow Chili*
Fruit
Corn & Celery

14

Baked Chicken Nuggets & Roll
100% Mozzarella Cheese*
or Pepperoni Pizza
Peanut Butter & Jelly
w/ String Cheese*
Yogurt Parfait & string Cheese*
Fruit
Broccoli & Carrots

15

Chicken Teriyaki & Rice
Cheese Italian Dunkers*
Crispy Chicken Salad & Roll
Bonita Special Event*
Fruit
Beans & Carrots

We offer non fat chocolate milk and 1% white milk with your meal.

18

Spaghetti With 100%
All Beef Meat Sauce
Bean & Cheese Burrito*
Roasted Turkey & Cheddar Sandwich
Protein Pack w/ Hard Boiled Egg*
Fruit
Black Beans & Carrots

19

Turkey Hot Dog
100% Mozzarella Cheese*
or Pepperoni Pizza (Round)
American Sub Sandwich
Chicken Caesar Salad & Roll
Fruit
Carrots & Celery

20

Crispy Chicken Sandwich
Asian Chicken Salad
Peanut Butter & Jelly Sandwich
w/ String Cheese*
Fruit
Carrots & Salsa

21

Nachos
100% Mozzarella Cheese*
or Pepperoni Pizza
Hummus Tray
Fruit
Broccoli & Carrots & Corn

22

Chicken Tenders & Roll
Cheesy Italian Dunkers*
Deli Ham & Cheddar Sandwich
Fiesta Taco Salad w/100%
All Beef Crumbles & Tortilla Chips
Fruit
Carrots

25

Macaroni & Cheese*
Hamburger w/ Fries
Protein Pack w/ Hard Boiled Egg*
Fruit
Pinto Beans & Carrots

26

Orange Chicken W/ Rice
100% Mozzarella Cheese*
or Pepperoni Pizza (Round)
Asian Chicken Salad & Roll
Fruit
Carrots

27

Pigs in a Blanket
Crispy Chicken Sandwich
Deli Ham & Cheddar Sandwich
Rainbow Chili
Fruit
Corn & Celery

28

Baked Chicken Nuggets & Roll
100% Mozzarella Cheese*
or Pepperoni Pizza
Peanut Butter & Jelly
w/ String Cheese*
Yogurt Parfait & String Cheese*
Fruit
Broccoli & Carrots

29

Chicken Teriyaki & Rice
Cheesy Italian Dunkers*
Crispy Chicken Salad & Roll
Hunt Special Event*
Fruit
Beans & Carrots

Menu is Subject to Change

This institution is an equal opportunity provider.

How Pizza Got Its Name

Some claim there are only two true pizzas — the marinara and the margherita. These two “pure” pizzas are the ones preferred by many Italians today. The marinara is the older of the two and is topped with tomato, oregano, garlic and extra virgin olive oil. It is named “marinara” because it was traditionally the food prepared by “la marinara”, the seaman’s wife, for her seafaring husband when he returned from fishing trips in the Bay of Naples. The margherita is topped with modest amounts of tomato sauce, mozzarella cheese

and fresh basil. Tale has it that, in 1889, a baker created three different pizzas for the visit of King Umberto I and Queen Margherita of Savoy. The Queen’s favorite was a pizza evoking the colors of the Italian flag — green (basil leaves), white (mozzarella) and red (tomatoes). According to the tale, this combination was named Pizza Margherita in her honor. Although those were the most preferred, today there are many variations of pizzas.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancake Wrap	Sausage Muffin Sandwich	Ultimate Breakfast Round*	Cinnamon Bun	Yogurt & Graham Crackers
Cinnamon Rolls	Benefit Bars Assorted Flavors	Assorted Muffins w/String Cheese Or Graham Crackers	Bagel & Cream Cheese	Fruit & Yogurt Parfait
We offer cereal daily w/ String Cheese, Graham Crackers or Sunflowers Seeds.				We offer fruit, juice and a variety of milk w/ your breakfast
		Second Chance Menu		
Cinnamon Bun UBR	Pan Dulce Benefit Bar Assorted Flavors	Benefit Bar Assorted Muffins w/ Crackers	Mini Donuts Muffin W/Graham Crackers	Assorted Brads or Assorted Muffins w/ Crackers

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

freshpick
for better health



Free Meals
for All Students,
All Year

Nutrition Information is available upon request.

