



Monday

Johnny Marzetti **1**
w/ Ground Turkey
WGR Macaroni Noodles
WGR Roll /Garden Salad
Apple Slices / Milk

Tuna Noodle Casserole **8**
Egg Noodles / WGR Roll
Green Beans
Applesauce
Milk

Hot Italian Turkey Ham **15**
& Cheese PFS
WGR Slider Bun
Broccoli Salad
Cantaloupe / Milk

Cheesy Tator Tot **22**
Ground Turkey Meatloaf
Vegetable Medley / WG Roll
Fresh Blueberries
Milk

Ground Turkey **29**
WGR Rotini Casserole
WG Garlic Bread
Sauted New Veggies
Oranges / Milk

Tuesday

Philly Beef & Cheese **2**
WGR Slider Bun
W / Peppers & Onions
Diced Potatoes
Oranges / Milk

BY REQUEST **9**
WGR Pancakes W/ Syrup
Sausage Patty PFS
Shredded Hash Browns
Fresh Strawberries /Milk

Swedish Meatballs **16** *CN*
WG Brown Rice / WG Roll
Seasoned Steamed Carrots
Peach Crisp
Milk

Creamy Chicken Alfredo **23**
Spaghetti Noodles
WGR Bread
Roasted Broccoli
Pears / Milk

Shredded Potato & **30**
Diced Ham Casserole
WGR Roll / Green Beans
Pineapple
Milk

Wednesday

BBQ Pulled Chicken **3**
On a WGR Bun
Potato Salad
Vegetarian Baked Beans
Fresh Blueberry Cup /Milk

Chicken Pot Pie **10**
WG Crust
WGR Bread
Mixed Veggies
Apple Crisp / Milk

Ground Sausage **17** *PFS*
WGR Penne Casserole
WGR Bread
California Blend Veggies
Oranges / Milk

JRC NEWSLETTER RECIPE **24**
School House Hamburger
Mashed Potatoes / Gravy
WG Biscuit
Green Beans /Apple Slices
Milk

Grilled Chicken Breast **31**
W/ Lett, & Tomato
On a WGR Bun
California Blend Veggies
Pears / Milk

Thursday

HAPPY 4TH **4**

CENTER CLOSED

Baked Ziti **11**
W/ Ground Turkey
WGR Penne Noodles
WGR Breadstick
Broccoli / Peaches / Milk

Ground Turkey Burger **18**
W/ Lett., Tom & Cheese
WGR Bun /Garden Salad
Tator Tots
Watermelon / Milk

Crispy Chicken **25** *CN*
WGR Waffles w/ Syrup
Shredded Potatoes
Cinnamon Apple Slices
Milk

Friday

Grilled Turkey Ham **5**
& Cheese PFS
WGR Bread
Sweet Potato Fries
Melon / Milk

Ground Beef **12**
Stuffed Peppers
WG Brown Rice
Side Salad /Pears
Milk

ALL STAFF **19**
IN-SERVICE
CENTER CLOSED

Baked Lemon Cod **26**
WGR Roll
Garlic Roasted Carrots
WG Brown Rice / Peaches
Milk



Milk – 8oz.

Meat/Meat Alternate – 2 oz.
Fruits/Vegetables – ½ cup
Soup – 8 oz. Yogurt -8 oz

Alternative Lunch Menu
Includes:
WG Cheese Sandwich or
WG Cold Cut Sandwich,
W/ Pepper Slices or Fruit

HM = Homemade
WGR = Whole Grain Rich

This Institution is an equal
Opportunity Employer