

### Monday

**Choose one of the following:**  
 Meatloaf w/ a Biscuit,  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Mashed Potatoes, Milk, Juice, & Fruit

**14**  
**Teacher Duty Day**

**Choose one of the following:**  
 Baked Ziti  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Lemony spinach, Milk, Juice, & Fruit

**Choose one of the following:**  
 Chicken Alfredo w/ Breadstick  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Spinach Salad, Honey carrot coins, Milk, Juice, & Fruit

### Tuesday

**Choose one of the following:**  
 Beef & Cheese Burrito,  
 Cuban Sandwich,  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Cucumbers, Pinto Beans, Milk, Juice, & Fruit

**Choose one of the following:**  
 Mexicali Chicken w/ WG Slider,  
 Taco Salad,  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Fajita Veggies, Milk, Juice, & Fruit

**Choose one of the following:**  
 Buffalo Chicken Dip w/ corn chips,  
 All American Sub w/ Toppings,  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Pinto Beans, Celery, Milk, Juice, & Fruit

**Choose one of the following:**  
 Beef Empanada w/ salsa,  
 Cobb Salad,  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Black beans, celery, Milk, Juice, & Fruit

**Choose one of the following:**  
 Chicken Taco Bowl,  
 Chef's Salad,  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Fiesta Corn, Black bean Salad, Milk, Juice, & Fruit

### Wednesday

**Choose one of the following:**  
 Crispy Chicken Sandwich  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Carrots, Corn, Milk, Juice, & Fruit

**Choose one of the following:**  
 Cheeseburger,  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Pickles, Salad, Milk, Juice, & Fruit

**Choose one of the following:**  
 Corn Dog,  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Corn, Tomatoes, Milk, Juice, & Fruit

**Choose one of the following:**  
 3 Chicken Tenders w/ slider  
 & BBQ sauce  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Green Beans, Milk, Juice, & Fruit

**Choose one of the following:**  
 Toasted Cheese Sandwich  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Tomato Soup, Pickles, Milk, Juice, & Fruit

### Thursday

**Choose one of the following:**  
 Fried Rice,  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Tomatoes, Brussels Sprouts, Milk, Juice, & Fruit

**Choose one of the following:**  
 Chicken Tikka Masala w/ Pita  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Carrots, Cauliflower, Milk, Juice, & Fruit

**Choose one of the following:**  
 2 Eggrolls  
 w/ Sweet & Sour sauce  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Asian Veggies, Milk, Juice, & Fruit

**Choose one of the following:**  
 Arroz con Queso  
 (Rice with Cheese) w/ WG Slider  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides Sweet Peas, Milk, Juice, & Fruit

**Choose one of the following:**  
 Korean BBQ Meatballs & a Hoagie  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Roasted Cauliflower, Milk, Juice, & Fruit

### Friday

**Choose one of the following:**  
 Pizza: Cheese or Sausage  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Caesar Salad, Celery, Milk, Juice, & Fruit

**Choose one of the following:**  
 French Bread Pizza:  
 Cheese or Pepperoni  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Caesar Salad, Milk, Juice, & Fruit

**Choose one of the following:**  
 Pizza: Cheese or Pepperoni  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides: Caesar Salad, Carrots, Milk, Juice, & Fruit

**Choose one of the following:**  
 2 Cheese filled breadsticks  
 w/ marinara,  
 PBJ Sandwich w/ Cheese Stick,  
 Lunch Salad w/ Cheese, WG Roll,  
 And a choice of meat  
 Sides Caesar Salad, Milk, Juice, & Fruit

**Harvest of the Month: Satsuma** - Satsuma is a part of the mandarin orange family. Clementines, and tangerines are also included. Florida satsumas are primarily grown in Jackson and Collier counties but can be found in central and north Florida. Satsuma are an excellent source of immune-boosting vitamin C, A, potassium, manganese, fiber, and flavonoids. <https://ackermancancer-center.com/satsuma-mandarins-floridas-local-fruit-with-great-health-benefits/>

At lunch, we are required to offer five components. Students are required to take 3 of the 5 components, one of those must be a serving of fruit or vegetable to be counted as reimbursable. We encourage students to take all 5.

**This Institution is an Equal Opportunity Employer**



- Components:**
- Bread/grain
  - Fruit
  - Vegetable
  - Milk
  - Meat/Meat Alternate