

Monday

Tuesday

Wednesday

Thursday

Friday

**Choice 1 is for North and South remote pick-up ONLY!!!**

5 **1 - Chicken Nuggets Sweet Potato Fries**  
**2 - Ham & Cheese Sandwich**  
**3 - Bagel Fun Lunch**

6 **1 - General Tso's Chicken Rice Bowl**  
**2 - Chicken Salad Wrap**  
**3 - Simply Boxed Egg Protein Pack**

7 **1 - Pork Mashed Potato Gravy Bowl**  
**2 - Turkey & Cheese Sandwich**  
**3 - Fruit on Greens Salad**

1 **1 - Nachos Grande**  
**2 - Turkey & Cheese Sandwich**  
**3 - Homemade Lite Veggie Pasta Salad**

2 **1 - Beef and Tomato Macaroni Casserole**  
**2 - Chicken Caesar Salad**  
**3 - Vegetarian Hummus Wrap**

12 

13 **1 - Baked Chicken Breast Steamed Peas Fluffy Mashed Potatoes**  
**2 - Turkey & Cheese Sandwich**  
**3 - Simply Boxed Yogurt Power Pack**

14 **1 - Beef Hot Dog on Bun**  
**With Crispy Potato Puffs**  
**2 - Fiesta Taco Salad**  
**3 - Egg Salad**

15 **1 - Burger**  
**With Oven Baked Fries**  
**2 - Ham & Cheese Sandwich**  
**3 - Simply Boxed Belgian Waffle Bites**

16 **1 - Baked Chicken Breast Steamed Peas Fluffy Mashed Potatoes**  
**2 - Turkey & Cheese Sandwich**  
**3 - Simply Boxed Yogurt Power Pack**

19 **1 - Mac & Cheese Chicken and Broccoli**  
**2 - Tuna Salad Sandwich**  
**3 - Mexican Salad**

20 **1 - Cheese Ravioli with Tomato Sauce**  
**2 - Greek Salad**  
**With Chicken**  
**3 - Not-A-Nut Butter & Jelly Sandwich**

21 **1 - French Bread Pizza**  
**2 - Ham & Cheese Sandwich**  
**3 - Simply Boxed Hummus Energy Pack**

22 **1 - Mac & Cheese Chicken and Broccoli**  
**2 - Tuna Salad Sandwich**  
**3 - Mexican Salad**

23 **1 - Cheese Ravioli with Tomato Sauce**  
**2 - Greek Salad**  
**With Chicken**  
**3 - Not-A-Nut Butter & Jelly Sandwich**

26 **1 - Homemade Pasta & Meatballs**  
**2 - Turkey Ranch Wrap**  
**3 - Homemade Lite Veggie Pasta Salad**

27 **1 - Seared Dumplings**  
**With Edamame**  
**2 - Ham & Cheese Sandwich**  
**3 - Pear and Pineapple Cup**  
**With Cottage Cheese**

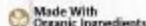
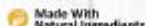
28 **1 - Burger**  
**With Oven Baked Fries**  
**2 - Simply Boxed Meat and Cheese Protein Pack**  
**3 - Bagel Fun Lunch**

29 **1 - Homemade Pasta & Meatballs**  
**2 - Turkey Ranch Wrap**  
**3 - Homemade Lite Veggie Pasta Salad**

30 **1 - Seared Dumplings**  
**With Edamame**  
**2 - Ham & Cheese Sandwich**  
**3 - Pear and Pineapple Cup**  
**With Cottage Cheese**



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.