


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Did You Know?</b></p> <p>The idea of "Meatless Monday" first came about during World War I.</p>	<p>At the time, 13 million American families voluntarily gave up eating meat so that food could be sent to soldiers and starving citizens in Europe.</p>	<p>Americans were also encouraged to waste less, clean their plates, and grow food in their backyard.</p> <p>(Good advice never gets old!)</p>	<p>Today, Meatless Monday reminds us that <b>we can do more for our health</b> and the <b>environment</b> by <b>eating less meat</b>.</p>	<p>1</p> <p>Skipping meat just one day a week <b>saves a lot of water and energy</b>. It also helps to <b>lower your risk</b> for conditions like diabetes and heart disease.</p>	<p>2</p> <p><b>Confused about how to start? Eat in the school cafeteria!</b></p> <p>Besides meatless meals on Mondays, we offer a meatless option every single day.</p>	<p>3</p> <p><b>** Made with WowButter</b> (Soy-based &amp; Peanut-free)</p> <p><b>(M) Contains meat</b> <b>(V) Meatless</b></p>
4	5	6	7	8	9	10
	<p><b>MEATLESS MONDAY</b></p> <p>Cheese Pizza (V) Caesar Side Salad Fruit</p>	<p>Alfredo Pasta (V) Roasted Veggies Fruit</p>	<p>Chicken Tenders (M) or Veggie Burger (V) Sweet Potato Fries Fruit</p>	<p>Grilled Cheese Sammy &amp; Alphabet Pasta Soup (V) Mixed Greens Salad Fruit</p>	<p>EARLY DISMISSAL</p> <p>** PB&amp;J Sandwich (V) Veggie Sticks Fruit</p>	
11	12	13	14	15	16	17
	<p><b>MEATLESS MONDAY</b></p> <p>Cheese Pizza (V) Caesar Side Salad Fruit</p>	<p>Mac N' Cheese (V) Mixed Greens Salad Fruit</p>	<p>Chili (V) Sweet Cornbread Garden Salad Fruit</p>	<p>Crispy Turkey Tacos (M) or Crispy Lentil Tacos (V) w/ lettuce, salsa &amp; cheese Fruit</p>	<p>EARLY DISMISSAL</p> <p>Bean &amp; Rice Burrito (V) Veggie Sticks Fruit</p>	
18	19	20	21	22	23	24
	<p><b>MEATLESS MONDAY</b></p> <p><b>Martin Luther King, Jr. Holiday</b></p>	<p>Alfredo Pasta (V) Roasted Veggies Fruit</p>	<p>Chicken Tenders (M) or Veggie Burger (V) Sweet Potato Fries Fruit</p>	<p>Grilled Cheese Sammy &amp; Alphabet Pasta Soup (V) Mixed Greens Salad Fruit</p>	<p>EARLY DISMISSAL</p> <p>** PB&amp;J Sandwich (V) Veggie Sticks Fruit</p>	
25	26	27	28	29	30	31
	<p><b>MEATLESS MONDAY</b></p> <p><b>School Holiday</b></p>	<p><b>PICK UP STIX</b></p> <p>Chicken Bowl (M) or Tofu Bowl (V) Mixed Greens Salad Fruit</p>	<p>Crispy Turkey Tacos (M) or Crispy Lentil Tacos (V) w/ lettuce, salsa &amp; cheese Fruit</p>	<p>Tostada Salad (V) or Chicken Tostada Salad (M) Fruit</p>	<p>EARLY DISMISSAL</p> <p>Bean &amp; Rice Burrito (V) Veggie Sticks Fruit</p>	<p> <b>Eat the Rainbow!</b></p>

The USDA and the CDE are equal opportunity providers and employers.

This menu is subject to change without prior notice