MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
This is for Food 4 Thought			Beefy Nachos w/Cheese Sauce Seasoned Brown Rice Salsa Refried Beans Turkey & Cheese Flatbread Munchable Steamed Corn Applesauce 1% Unflavored Milk	Homemade Cheese Pizza California Blend Vegetable Turkey & Cheese Flatbread Munchable Cucumber Slices Pear 1% Unflavored Milk Fat Free Chocolate Milk
6	7	8	9	10
All American Hamburger on a Bun French Fries Steamed Peas Turkey & Cheese Flatbread Munchable Diced Peaches 1% Unflavored Milk Fat Free Chocolate Milk	Chicken and Cheese Quesadilla Salsa Black Beans Turkey & Cheese Flatbread Munchable Cherry Tomato Orange Quarters 1% Unflavored Milk Fat Free Chocolate Milk	Crispy Chicken Nuggets Tator Tots Whole Grain Dinner Roll Steamed Carrots Turkey & Cheese Flatbread Munchable Banana 1% Unflavored Milk Fat Free Chocolate Milk	Corn Dog Baked Beans, Vegetarian French Fries Turkey & Cheese Flatbread Munchable Applesauce 1% Unflavored Milk Fat Free Chocolate Milk	Italian Dunkers Marinara Sauce Roasted Broccoli Turkey & Cheese Flatbread Munchable Green Pepper Slices Orange Quarters 1% Unflavored Milk Fat Free Chocolate Milk
13	14	15	16	17
Roasted Beef Hot Dog on a Bun Cheesy Mashed Potatoes Peas & Carrots Furkey Ham Deli Sandwich Diced Peaches 1% Unflavored Milk Fat Free Chocolate Milk	Italian Toasted Cheese Sand with Marinara Tator Tots Roasted Broccoli Turkey Ham Deli Sandwich Apple 1% Unflavored Milk Fat Free Chocolate Milk	Crispy Chicken Patty Sandwich  Baked Beans, Vegetarian Coleslaw  Turkey Ham Deli Sandwich Orange Quarters 1% Unflavored Milk Fat Free Chocolate Milk	Beefy Nachos with Homemade Cheese Refried Beans Salsa Turkey Ham Deli Sandwich Cucumber Slices Applesauce 1% Unflavored Milk Fat Free Chocolate Milk	Homemade Cheese Pizza California Blend Vegetable Turkey Ham Deli Sandwich Green Pepper Slices Sliced Pears 1% Unflavored Milk Fat Free Chocolate Milk
20 No School	21	22	23	24
	All American Hamburger on a Bun Lettuce and Tomato French Fries Roasted Broccoli Turkey Deli Sandwich Mixed Fruit 1% Unflavored Milk Fat Free Chocolate Milk	Crispy Chicken Nuggets Whole Grain Dinner Roll Sweet Potato Tots Turkey Ham Deli Sandwich Green Pepper Slices Orange Quarters 1% Unflavored Milk Fat Free Chocolate Milk	Corn Dog Baked Beans, Vegetarian Roasted Carrots Turkey Ham Deli Sandwich Creamy Coleslaw Applesauce 1% Unflavored Milk Fat Free Chocolate Milk	French Bread Italian Dunkers Marinara Sauce Roasted Carrots Turkey Ham Deli Sandwich Broccoli Florets Banana 1% Unflavored Milk Fat Free Chocolate Milk
27	28	29	30	31
Roasted Beef Hot Dog on a Bun French Fries Steamed Green Beans Turkey & Cheese Flatbread Munchable Cherry Tomato Diced Peaches 1% Unflavored Milk Fat Free Chocolate Milk	Toasted Cheese Sandwich Mixed Vegetables Turkey & Cheese Flatbread Munchable Carrot Sticks Apple 1% Unflavored Milk Fat Free Chocolate Milk	Crispy Chicken Patty Sandwich  Baked Beans, Vegetarian Creamy Coleslaw Turkey & Cheese Flatbread Munchable Cucumber Slices Banana 1% Unflavored Milk Fat Free Chocolate Milk	Beefy Nachos w/Cheese Sauce  Salsa Seasoned Brown Rice Black Beans Turkey & Cheese Flatbread Munchable Applesauce 1% Unflavored Milk Fat Free Chocolate Milk	Homemade Cheese Pizza French Fries Roasted Carrots Turkey & Cheese Flatbread Munchable Orange Quarters 1% Unflavored Milk Fat Free Chocolate Milk

Adult Lunch \$5.00 Extra Milk \$.50

Questions or comments please contact Taher Food Service Director Annie Topic at a.topic@taher.com or call 952-873-2414



Your MENUS plus more Information on our app Taher Food4Life\*

