

# AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
08	09	10	11	12
15 <b>STAFF DEVELOPMENT / STUDENT WAIVER DAY</b>	16 <b>STAFF DEVELOPMENT / STUDENT WAIVER DAY</b>	17 <b>STAFF DEVELOPMENT / STUDENT WAIVER DAY</b>	18 <b>STAFF DEVELOPMENT / STUDENT WAIVER DAY</b>	19 <b>STAFF DEVELOPMENT / STUDENT WAIVER DAY</b>
22 <b>STAFF DEVELOPMENT / STUDENT WAIVER DAY</b>	23 Zero G Hot Dog Cheesy Baked Potato w/Cornbread (V) Seasoned Green Beans Cheesy Cauliflower Variety Fruit/Fresh Fruit	24 Deep Space Pizza (V) • Chicken Parmesan Pasta Outer Space Spinach Salad Solar Glazed Carrots Variety Fruit/Fresh Fruit	25 Taco Salad w/Spanish Rice Cheesy Chicken Fajita w/Spanish Rice Beam Me Up Charra Beans Crazy Calabacitas Variety Fruit/Fresh Fruit	26 Bosco Stick w/Marinara Sauce (V) Hamburger/Cheeseburger Saturn Salad Fixin's Happy Mashers Variety Fruit/Fresh Fruit
29 Apollo Orange Chicken w/Seasoned Rice Honey BBQ Chicken w/Seasoned Rice Shooting Star Seasoned Carrots Seasoned Green Beans Variety Fruit/Fresh Fruit	30 Rainbow Salad w/Cornbread (V) Cosmic Crispy Chicken Sandwich Saturn Salad Fixin's Fresh Jicama w/Lime Variety Fruit/Fresh Fruit	31 Galactic Personal Pizza (V) • Basil's Pasta Brilliant Broccoli Parmesan Fresh Baby Carrots Variety Fruit/Fresh Fruit	<b>DISCOVERED: WHOLE GRAINS</b> Have you heard that 1/2 your grains should be whole? That's because whole grains are packed with nutrients that have been shown to reduce your risk for heart disease, diabetes, obesity, and some forms of cancer! Sources of whole grain include oatmeal, brown rice, whole wheat bread, and whole wheat pasta.	

**Menu subject to change without notice due to price and/or availability.**

Please visit our website at [www1.pasadenaisd.org/departments/departments\\_c\\_e/child\\_nutrition](http://www1.pasadenaisd.org/departments/departments_c_e/child_nutrition) for information regarding free and reduced applications, nutritional analysis of menus, and online meal payments. Offered daily at breakfast: Assorted cereals with toast; Yogurt & Granola; seasonal fresh fruit or 100% fruit juice, and a variety of milk. (•) = may contain pork, (V) = Vegetarian, All grains (including rice, pasta, tortillas, rolls, etc.) are whole grain. Pizza day includes pepperoni pizza and cheese pizza options.

Student/Staff Holidays	+ Early Dismissal
Staff Development / Student Waiver Days	

# SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>DISCOVERED: FIBER</b> Fiber, along with water, is what keeps your digestive system healthy and helps your food digest so you can get energy. Fiber is found in all kinds of fruits and vegetables, as well as whole grains!</p>			01 Chicken Soft Tacos w/Salad Fixin's Cheesy Nachos (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	02 Fish Sticks w/Goldfish Pretzels Hamburger/Cheeseburger Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
05 <b>LABOR DAY</b>	06 Texas Chili Pie Baked Chicken & Waffles Happy Mashers Outer Space Spinach Salad Variety Fruit/Fresh Fruit	07 Deep Space Pizza (V) • Meteor Meatballs & Pasta w/Garlic Bread Seasoned Green Beans Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	08 Far-Out Fajita Salad w/Cornbread Star Beef Chimichanga Beam Me Up Charra Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	09 Corn Dog Minis Burger Minis Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
12 Pancakes & Sausage • Chicken Biscuit Asteroid Tater Tots Solar Glazed Carrots Variety Fruit/Fresh Fruit	13 Yogurt Fruit Munchable (V) Cheesy Pasta Bake w/Garlic Bread (V) Comet Cucumber & Tomato Cup Pluto Peas & Carrots Variety Fruit/Fresh Fruit	14 Bosco's Stuffed Crust Pizza (V) • Lasagna Rollup w/Garlic Breadstick (V) Fresh Baby Carrots Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	15 Power Up Popcorn Chicken Salad Cheese Enchiladas (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	16 Milky Way Mac N Cheese w/Cornbread Star (V) Hamburger/Cheeseburger May the Fries be With You Saturn Salad Fixin's Variety Fruit/Fresh Fruit
19 Chicken Tenders w/Fresh Dinner Roll Steak Fingers w/Fresh Dinner Roll Martian Mashed Potatoes Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	20 Zero G Hot Dog Cheesy Baked Potato w/Cornbread (V) Seasoned Green Beans Cheesy Cauliflower Variety Fruit/Fresh Fruit	21 Deep Space Pizza (V) • Chicken Parmesan Pasta Outer Space Spinach Salad Solar Glazed Carrots Variety Fruit/Fresh Fruit	22 Taco Salad w/Spanish Rice Cheesy Chicken Fajita w/Spanish Rice Beam Me Up Charra Beans Crazy Calabacitas Variety Fruit/Fresh Fruit	23 Bosco Stick w/Marinara Sauce (V) Hamburger/Cheeseburger Saturn Salad Fixin's Happy Mashers Variety Fruit/Fresh Fruit
26 Apollo Orange Chicken w/Seasoned Rice Honey BBQ Chicken w/Seasoned Rice Shooting Star Seasoned Carrots Seasoned Green Beans Variety Fruit/Fresh Fruit	27 Rainbow Salad w/Cornbread (V) Cosmic Crispy Chicken Sandwich Saturn Salad Fixin's Fresh Jicama w/Lime Variety Fruit/Fresh Fruit	28 Galactic Personal Pizza (V) • Basil's Pasta Brilliant Broccoli Parmesan Fresh Baby Carrots Variety Fruit/Fresh Fruit	29 Chicken Soft Tacos w/Salad Fixin's Cheesy Nachos (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	30 Fish Sticks w/Goldfish Pretzels Hamburger/Cheeseburger Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit

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Student/Staff Holidays

+ Early Dismissal

Staff Development / Student Waiver Days

# OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Cheese-Filled Ravioli w/Garlic Breadstick (V) Chicken Poppers w/Garlic Breadstick Satellite Sweet Potato Fries Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	04 Texas Chili Pie Baked Chicken & Waffles Happy Mashers Outer Space Spinach Salad Variety Fruit/Fresh Fruit	05 Deep Space Pizza (V) • Meteor Meatballs & Pasta w/Garlic Bread Seasoned Green Beans Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	06 Far-Out Fajita Salad w/Cornbread Star Beef Chimichanga Beam Me Up Charra Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	07 <b>STAFF DEVELOPMENT/ STUDENT WAIVER DAY</b>
10 <b>STAFF DEVELOPMENT/ STUDENT WAIVER DAY</b>	11 Yogurt Fruit Munchable (V) Cheesy Pasta Bake w/Garlic Bread (V) Comet Cucumber & Tomato Cup Pluto Peas & Carrots Variety Fruit/Fresh Fruit	12 Bosco's Stuffed Crust Pizza (V) • Lasagna Rollup w/Garlic Breadstick (V) Fresh Baby Carrots Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	13 Power Up Popcorn Chicken Salad Cheese Enchiladas (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	14 Milky Way Mac N Cheese w/Cornbread Star (V) Hamburger/Cheeseburger May the Fries be With You Saturn Salad Fixin's Variety Fruit/Fresh Fruit
NATIONAL SCHOOL LUNCH WEEK				
17 Chicken Tenders w/Fresh Dinner Roll Steak Fingers w/Fresh Dinner Roll Martian Mashed Potatoes Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	18 Zero G Hot Dog Cheesy Baked Potato w/Cornbread (V) Seasoned Green Beans Cheesy Cauliflower Variety Fruit/Fresh Fruit	19 Deep Space Pizza (V) • Chicken Parmesan Pasta Outer Space Spinach Salad Solar Glazed Carrots Variety Fruit/Fresh Fruit	20 Taco Salad w/Spanish Rice Cheesy Chicken Fajita w/Spanish Rice Beam Me Up Charra Beans Crazy Calabacitas Variety Fruit/Fresh Fruit	21 Bosco Stick w/Marinara Sauce (V) Hamburger/Cheeseburger Saturn Salad Fixin's Happy Mashers Variety Fruit/Fresh Fruit
24 Apollo Orange Chicken w/Seasoned Rice Honey BBQ Chicken w/Seasoned Rice Shooting Star Seasoned Carrots Seasoned Green Beans Variety Fruit/Fresh Fruit	25 Rainbow Salad w/Cornbread (V) Cosmic Crispy Chicken Sandwich Saturn Salad Fixin's Fresh Jicama w/Lime Variety Fruit/Fresh Fruit	26 Galactic Personal Pizza (V) • Basil's Pasta Brilliant Broccoli Parmesan Fresh Baby Carrots Variety Fruit/Fresh Fruit	27 Chicken Soft Tacos w/Salad Fixin's Cheesy Nachos (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	28 Fish Sticks w/Goldfish Pretzels Hamburger/Cheeseburger Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
31 Cheese-Filled Ravioli w/Garlic Breadstick (V) Chicken Poppers w/Garlic Breadstick Satellite Sweet Potato Fries Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit Holiday Treat			<b>DETECTED: WATERMELON</b> Watermelon is more than 90% water! It provides hydration vitamin A and vitamin C to your body, which keep you from getting sick.	

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Student/Staff Holidays	+ Early Dismissal
Staff Development / Student Waiver Days	

# NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 Texas Chili Pie Baked Chicken & Waffles Happy Mashers Outer Space Spinach Salad Variety Fruit/Fresh Fruit	02 Deep Space Pizza (V) • Meteor Meatballs & Pasta w/Garlic Bread Seasoned Green Beans Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	03 Far-Out Fajita Salad w/Cornbread Star Beef Chimichanga Beam Me Up Charra Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	04 Corn Dog Minis Burger Minis Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
07 Pancakes & Sausage • Chicken Biscuit Asteroid Tater Tots Solar Glazed Carrots Variety Fruit/Fresh Fruit	08 Yogurt Fruit Munchable (V) Cheesy Pasta Bake w/Garlic Bread (V) Comet Cucumber & Tomato Cup Pluto Peas & Carrots Variety Fruit/Fresh Fruit	09 Bosco's Stuffed Crust Pizza (V) • Lasagna Rollup w/Garlic Breadstick (V) Fresh Baby Carrots Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	10 <b>Thanksgiving Day</b> Holiday Menu Turkey & Home-Made Dressing Chicken Fried Steak Fresh Baked Dinner Roll Mashed Potatoes & Gravy Seasoned Green Beans Variety Fruit/Fresh Fruit 	11 Milky Way Mac N Cheese w/Cornbread Star (V) Hamburger/Cheeseburger May the Fries be With You Saturn Salad Fixin's Variety Fruit/Fresh Fruit
14 Chicken Tenders w/Fresh Dinner Roll Steak Fingers w/Fresh Dinner Roll Martian Mashed Potatoes Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	15 Zero G Hot Dog Cheesy Baked Potato w/Cornbread (V) Seasoned Green Beans Cheesy Cauliflower Variety Fruit/Fresh Fruit	16 Deep Space Pizza (V) • Chicken Parmesan Pasta Outer Space Spinach Salad Solar Glazed Carrots Variety Fruit/Fresh Fruit	17 Taco Salad w/Spanish Rice Cheesy Chicken Fajita w/Spanish Rice Beam Me Up Charra Beans Crazy Calabacitas Variety Fruit/Fresh Fruit Holiday Treat	18 Bosco Stick w/Marinara Sauce (V) Hamburger/Cheeseburger Saturn Salad Fixin's Happy Mashers Variety Fruit/Fresh Fruit
21 <b>THANKSGIVING</b>	22 <b>THANKSGIVING</b>	23 <b>THANKSGIVING</b>	24 <b>THANKSGIVING</b>	25 <b>THANKSGIVING</b>
28 Apollo Orange Chicken w/Seasoned Rice Honey BBQ Chicken w/Seasoned Rice Shooting Star Seasoned Carrots Seasoned Green Beans Variety Fruit/Fresh Fruit	29 Rainbow Salad w/Cornbread (V) Cosmic Crispy Chicken Sandwich Saturn Salad Fixin's Fresh Jicama w/Lime Variety Fruit/Fresh Fruit	30 Galactic Personal Pizza (V) • Basil's Pasta Brilliant Broccoli Parmesan Fresh Baby Carrots Variety Fruit/Fresh Fruit		

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Student/Staff Holidays + Early Dismissal

Staff Development / Student Waiver Days

# DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SPOTTED: WATER IN SPACE</b> Healthy bodies need more than just good food, they also need water to stay hydrated and energized! Kids should drink 6-8 cups of water each day. Try to avoid soda—not only is it high in calories, but the sugar can make you feel tired.</p>			01 Chicken Soft Tacos w/Salad Fixin's Cheesy Nachos (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	02 Fish Sticks w/Goldfish Pretzels Hamburger/Cheeseburger Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
05 Cheese-Filled Ravioli w/Garlic Breadstick (V) Chicken Poppers w/Garlic Breadstick Satellite Sweet Potato Fries Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit Holiday Treat	06 Texas Chili Pie Baked Chicken & Waffles Happy Mashers Outer Space Spinach Salad Variety Fruit/Fresh Fruit	07 Deep Space Pizza (V) • Meteor Meatballs & Pasta w/Garlic Bread Seasoned Green Beans Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	08 Far-Out Fajita Salad w/Cornbread Star Beef Chimichanga Beam Me Up Charra Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	09 Corn Dog Minis Burger Minis Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
12 Pancakes & Sausage • Chicken Biscuit Asteroid Tater Tots Solar Glazed Carrots Variety Fruit/Fresh Fruit	13 Yogurt Fruit Munchable (V) Cheesy Pasta Bake w/Garlic Bread (V) Comet Cucumber & Tomato Cup Pluto Peas & Carrots Variety Fruit/Fresh Fruit	14 <b>Winter Break</b> Holiday Menu Bosco's Stuffed Crust Pizza (V) • Lasagna Rollup w/Garlic Breadstick (V) Fresh Baby Carrots Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	15 <b>EARLY DISMISSAL</b> (SACK LUNCH)	16 <b>EARLY DISMISSAL</b> (SACK LUNCH)
19 <b>WINTER BREAK</b>	20 <b>WINTER BREAK</b>	21 <b>WINTER BREAK</b>	22 <b>WINTER BREAK</b>	23 <b>WINTER BREAK</b>
26 <b>WINTER BREAK</b>	27 <b>WINTER BREAK</b>	28 <b>WINTER BREAK</b>	29 <b>WINTER BREAK</b>	30 <b>WINTER BREAK</b>

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Student/Staff Holidays	+ Early Dismissal
Staff Development / Student Waiver Days	

# JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 <b>STAFF DEVELOPMENT/ STUDENT WAIVER DAY</b>	03 <b>STAFF DEVELOPMENT/ STUDENT WAIVER DAY</b>	04 Deep Space Pizza (V) • Chicken Parmesan Pasta Outer Space Spinach Salad Solar Glazed Carrots Variety Fruit/Fresh Fruit	05 Taco Salad w/ Spanish Rice Cheesy Chicken Fajita w/ Spanish Rice Beam Me Up Charra Beans Crazy Calabacitas Variety Fruit/Fresh Fruit	06 Bosco Stick w/ Marinara Sauce (V) Hamburger/Cheeseburger Saturn Salad Fixin's Happy Mashers Variety Fruit/Fresh Fruit
09 Apollo Orange Chicken w/ Seasoned Rice Honey BBQ Chicken w/ Seasoned Rice Shooting Star Seasoned Carrots Seasoned Green Beans Variety Fruit/Fresh Fruit	10 Rainbow Salad w/ Cornbread (V) Cosmic Crispy Chicken Sandwich Saturn Salad Fixin's Fresh Jicama w/ Lime Variety Fruit/Fresh Fruit	11 Galactic Personal Pizza (V) • Basil's Pasta Brilliant Broccoli Parmesan Fresh Baby Carrots Variety Fruit/Fresh Fruit	12 Chicken Soft Tacos w/ Salad Fixin's Cheesy Nachos (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	13 Fish Sticks w/ Goldfish Pretzels Hamburger/Cheeseburger Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
16 <b>STAFF DEVELOPMENT/ STUDENT WAIVER DAY</b>	17 Texas Chili Pie Baked Chicken & Waffles Happy Mashers Outer Space Spinach Salad Variety Fruit/Fresh Fruit	18 Deep Space Pizza (V) • Meteor Meatballs & Pasta w/ Garlic Bread Seasoned Green Beans Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	19 Far-Out Fajita Salad w/ Cornbread Star Beef Chimichanga Beam Me Up Charra Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	20 Corn Dog Minis Burger Minis Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
23 Pancakes & Sausage • Chicken Biscuit Asteroid Tater Tots Solar Glazed Carrots Variety Fruit/Fresh Fruit	24 Yogurt Fruit Munchable (V) Cheesy Pasta Bake w/ Garlic Bread (V) Comet Cucumber & Tomato Cup Pluto Peas & Carrots Variety Fruit/Fresh Fruit	25 Bosco's Stuffed Crust Pizza (V) • Lasagna Rollup w/ Garlic Breadstick (V) Fresh Baby Carrots Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	26 Power Up Popcorn Chicken Salad Cheese Enchiladas (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	27 <b>Chinese New Year</b> Year of the Rooster Orange Chicken w/ Seasoned Rice Hamburger/Cheeseburger Fortune Cookie Salad Fixin's Fresh Jicama w/ Lime Variety Fruit/Fresh Fruit 
30 Chicken Tenders w/ Fresh Dinner Roll Steak Fingers w/ Fresh Dinner Roll Martian Mashed Potatoes Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	31 Zero G Hot Dog Cheesy Baked Potato w/ Cornbread (V) Seasoned Green Beans Cheesy Cauliflower Variety Fruit/Fresh Fruit	<b>DETECTED: HONEYDEW</b> Honeydew and cantaloupe are both members of the melon family. They are both packed with fiber, vitamin C, and potassium! Melon is freshest in the summer!		

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Student/Staff Holidays

+ Early Dismissal

Staff Development / Student Waiver Days

# FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Deep Space Pizza (V) • Chicken Parmesan Pasta Outer Space Spinach Salad Solar Glazed Carrots Variety Fruit/Fresh Fruit	02 Taco Salad w/ Spanish Rice Cheesy Chicken Fajita w/ Spanish Rice Beam Me Up Charra Beans Crazy Calabacitas Variety Fruit/Fresh Fruit	03 Bosco Stick w/ Marinara Sauce (V) Hamburger/Cheeseburger Saturn Salad Fixin's Happy Mashers Variety Fruit/Fresh Fruit
06 Apollo Orange Chicken w/ Seasoned Rice Honey BBQ Chicken w/ Seasoned Rice Shooting Star Seasoned Carrots Seasoned Green Beans Variety Fruit/Fresh Fruit	07 Rainbow Salad w/ Cornbread (V) Cosmic Crispy Chicken Sandwich Saturn Salad Fixin's Fresh Jicama w/ Lime Variety Fruit/Fresh Fruit	08 Galactic Personal Pizza (V) • Basil's Pasta Brilliant Broccoli Parmesan Fresh Baby Carrots Variety Fruit/Fresh Fruit	09 Chicken Soft Tacos w/ Salad Fixin's Cheesy Nachos (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	10 Fish Sticks w/ Goldfish Pretzels Hamburger/Cheeseburger Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
13 Cheese-Filled Ravioli w/ Garlic Breadstick (V) Chicken Poppers w/ Garlic Breadstick Satellite Sweet Potato Fries Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	14 Texas Chili Pie Baked Chicken & Waffles Happy Mashers Outer Space Spinach Salad Variety Fruit/Fresh Fruit Holiday Treat	15 Deep Space Pizza (V) • Meteor Meatballs & Pasta w/ Garlic Bread Seasoned Green Beans Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	16 Far-Out Fajita Salad w/ Cornbread Star Beef Chimichanga Beam Me Up Charra Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	17 <b>STAFF DEVELOPMENT/ STUDENT WAIVER DAY</b>
20 <b>STAFF DEVELOPMENT/ STUDENT WAIVER DAY</b>	21 Yogurt Fruit Munchable (V) Cheesy Pasta Bake w/ Garlic Bread (V) Comet Cucumber & Tomato Cup Pluto Peas & Carrots Variety Fruit/Fresh Fruit	22 Bosco's Stuffed Crust Pizza (V) • Lasagna Rollup w/ Garlic Breadstick (V) Fresh Baby Carrots Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	23 Power Up Popcorn Chicken Salad Cheese Enchiladas (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	24 Milky Way Mac N Cheese w/ Cornbread Star (V) Hamburger/Cheeseburger May the Fries be With You Saturn Salad Fixin's Variety Fruit/Fresh Fruit
27 Chicken Tenders w/ Fresh Dinner Roll Steak Fingers w/ Fresh Dinner Roll Martian Mashed Potatoes Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	28 Zero G Hot Dog Cheesy Baked Potato w/ Cornbread (V) Seasoned Green Beans Cheesy Cauliflower Variety Fruit/Fresh Fruit		<b>EXPLORE: POTASSIUM</b> Bananas are a potassium superstar! Potassium helps your heart and muscles stay healthy. When you exercise a lot, it is good for your body to have potassium!	

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Student/Staff Holidays	+ Early Dismissal
Staff Development / Student Waiver Days	

# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MARCH: NATIONAL NUTRITION MONTH</b> Veg out! Eat 30 Vegetables in 30 days! Take the challenge by downloading the VegOut app or sign up at <a href="http://vegoutwithrfs.org">http://vegoutwithrfs.org</a>		01 Deep Space Pizza (V) • Chicken Parmesan Pasta Outer Space Spinach Salad Solar Glazed Carrots Variety Fruit/Fresh Fruit	02 Taco Salad w/ Spanish Rice Cheesy Chicken Fajita w/ Spanish Rice Beam Me Up Charra Beans Crazy Calabacitas Variety Fruit/Fresh Fruit	03 Bosco Stick w/ Marinara Sauce (V) Hamburger/Cheeseburger Saturn Salad Fixin's Happy Mashers Variety Fruit/Fresh Fruit
06 Apollo Orange Chicken w/ Seasoned Rice Honey BBQ Chicken w/ Seasoned Rice Shooting Star Seasoned Carrots Seasoned Green Beans Variety Fruit/Fresh Fruit	07 Rainbow Salad w/ Cornbread (V) Cosmic Crispy Chicken Sandwich Saturn Salad Fixin's Fresh Jicama w/ Lime Variety Fruit/Fresh Fruit	08 Galactic Personal Pizza (V) • Basil's Pasta Brilliant Broccoli Parmesan Fresh Baby Carrots Variety Fruit/Fresh Fruit	09 Chicken Soft Tacos w/ Salad Fixin's Cheesy Nachos (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	10 Fish Sticks w/ Goldfish Pretzels Hamburger/Cheeseburger Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
NATIONAL SCHOOL BREAKFAST WEEK				
13 <b>SPRING BREAK</b>	14 <b>SPRING BREAK</b>	15 <b>SPRING BREAK</b>	16 <b>SPRING BREAK</b>	17 <b>SPRING BREAK</b>
20 Cheese-Filled Ravioli w/ Garlic Breadstick (V) Chicken Poppers w/ Garlic Breadstick Satellite Sweet Potato Fries Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	21 Texas Chili Pie Baked Chicken & Waffles Happy Mashers Outer Space Spinach Salad Variety Fruit/Fresh Fruit	22 Deep Space Pizza (V) • Meteor Meatballs & Pasta w/ Garlic Bread Seasoned Green Beans Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	23 Far-Out Fajita Salad w/ Cornbread Star Beef Chimichanga Beam Me Up Charra Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	24 Corn Dog Minis Burger Minis Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
27 Pancakes & Sausage • Chicken Biscuit Asteroid Tater Tots Solar Glazed Carrots Variety Fruit/Fresh Fruit	28 Yogurt Fruit Munchable (V) Cheesy Pasta Bake w/ Garlic Bread (V) Comet Cucumber & Tomato Cup Pluto Peas & Carrots Variety Fruit/Fresh Fruit	29 Bosco's Stuffed Crust Pizza (V) • Lasagna Rollup w/ Garlic Breadstick (V) Fresh Baby Carrots Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	30 Power Up Popcorn Chicken Salad Cheese Enchiladas (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	31 Milky Way Mac N Cheese w/ Cornbread Star (V) Hamburger/Cheeseburger May the Fries be With You Saturn Salad Fixin's Variety Fruit/Fresh Fruit

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Student/Staff Holidays	+ Early Dismissal
Staff Development / Student Waiver Days	



# APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Chicken Tenders w/Fresh Dinner Roll Steak Fingers w/Fresh Dinner Roll Martian Mashed Potatoes Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	04 Zero G Hot Dog Cheesy Baked Potato w/Cornbread (V) Seasoned Green Beans Cheesy Cauliflower Variety Fruit/Fresh Fruit	05 Deep Space Pizza (V) • Chicken Parmesan Pasta Outer Space Spinach Salad Solar Glazed Carrots Variety Fruit/Fresh Fruit	06 Taco Salad w/Spanish Rice Cheesy Chicken Fajita w/Spanish Rice Beam Me Up Charra Beans Crazy Calabacitas Variety Fruit/Fresh Fruit	07 Bosco Stick w/Marinara Sauce (V) Hamburger/Cheeseburger Saturn Salad Fixin's Happy Mashers Variety Fruit/Fresh Fruit
10 Apollo Orange Chicken w/Seasoned Rice Honey BBQ Chicken w/Seasoned Rice Shooting Star Seasoned Carrots Seasoned Green Beans Variety Fruit/Fresh Fruit	11 Rainbow Salad w/Cornbread (V) Cosmic Crispy Chicken Sandwich Saturn Salad Fixin's Fresh Jicama w/Lime Variety Fruit/Fresh Fruit	12 Galactic Personal Pizza (V) • Basil's Pasta Brilliant Broccoli Parmesan Fresh Baby Carrots Variety Fruit/Fresh Fruit	13 Chicken Soft Tacos w/Salad Fixin's Cheesy Nachos (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit Holiday Treat	14 <b>GOOD FRIDAY</b>
17 <b>STAFF DEVELOPMENT/ STUDENT WAIVER DAY</b>	18 Texas Chili Pie Baked Chicken & Waffles Happy Mashers Outer Space Spinach Salad Variety Fruit/Fresh Fruit	19 Deep Space Pizza (V) • Meteor Meatballs & Pasta w/Garlic Bread Seasoned Green Beans Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	20 Far-Out Fajita Salad w/Cornbread Star Beef Chimichanga Beam Me Up Charra Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	21 Corn Dog Minis Burger Minis Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
24 Pancakes & Sausage • Chicken Biscuit Asteroid Tater Tots Solar Glazed Carrots Variety Fruit/Fresh Fruit	25 Yogurt Fruit Munchable (V) Cheesy Pasta Bake w/Garlic Bread (V) Comet Cucumber & Tomato Cup Pluto Peas & Carrots Variety Fruit/Fresh Fruit	26 Bosco's Stuffed Crust Pizza (V) • Lasagna Rollup w/Garlic Breadstick (V) Fresh Baby Carrots Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	27 Power Up Popcorn Chicken Salad Cheese Enchiladas (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	28 Milky Way Mac N Cheese w/Cornbread Star (V) Hamburger/Cheeseburger May the Fries be With You Saturn Salad Fixin's Variety Fruit/Fresh Fruit
			<b>DISCOVERED: GREEN VEGGIES</b> Green leafy vegetables like spinach, kale, and collard greens, are good for both salads and smoothies! Plus, they provide your body with Vitamins A, C, E, and K!	

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Student/Staff Holidays

+ Early Dismissal

Staff Development / Student Waiver Days

# MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Chicken Tenders w/Fresh Dinner Roll Steak Fingers w/Fresh Dinner Roll Martian Mashed Potatoes Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	02 Zero G Hot Dog Cheesy Baked Potato w/Cornbread (V) Seasoned Green Beans Cheesy Cauliflower Variety Fruit/Fresh Fruit	03 Deep Space Pizza (V) • Chicken Parmesan Pasta Outer Space Spinach Salad Solar Glazed Carrots Variety Fruit/Fresh Fruit	04 Bosco Stick w/Marinara Sauce Hamburger/Cheeseburger Saturn Salad Fixin's Happy Mashers Variety Fruit/Fresh Fruit	05 <b>Cinco de Mayo</b> Holiday Menu Taco Salad w/Spanish Rice Cheesy Fiesta Chicken w/Spanish Rice Cinnamon Churro Beam Me Up Charra Beans Crazy Calabacitas Variety Fruit/Fresh Fruit 
08 Apollo Orange Chicken w/Seasoned Rice Honey BBQ Chicken w/Seasoned Rice Shooting Star Seasoned Carrots Seasoned Green Beans Variety Fruit/Fresh Fruit	09 Rainbow Salad w/Cornbread (V) Cosmic Crispy Chicken Sandwich Saturn Salad Fixin's Fresh Jicama w/Lime Variety Fruit/Fresh Fruit	10 Galactic Personal Pizza (V) • Basil's Pasta Brilliant Broccoli Parmesan Fresh Baby Carrots Variety Fruit/Fresh Fruit	11 Chicken Soft Tacos w/Salad Fixin's Cheesy Nachos (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	12 Fish Sticks w/Goldfish Pretzels Hamburger/Cheeseburger Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
15 Cheese-Filled Ravioli w/Garlic Breadstick (V) Chicken Poppers w/Garlic Breadstick Satellite Sweet Potato Fries Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	16 Texas Chili Pie Baked Chicken & Waffles Happy Mashers Outer Space Spinach Salad Variety Fruit/Fresh Fruit	17 Deep Space Pizza (V) • Meteor Meatballs & Pasta w/Garlic Bread Seasoned Green Beans Shooting Star Seasoned Carrots Variety Fruit/Fresh Fruit	18 Far-Out Fajita Salad w/Cornbread Star Beef Chimichanga Beam Me Up Charra Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	19 Corn Dog Minis Burger Minis Saturn Salad Fixin's Asteroid Tater Tots Variety Fruit/Fresh Fruit
22 Pancakes & Sausage • Chicken Biscuit Asteroid Tater Tots Solar Glazed Carrots Variety Fruit/Fresh Fruit	23 Yogurt Fruit Munchable (V) Cheesy Pasta Bake w/Garlic Bread (V) Comet Cucumber & Tomato Cup Pluto Peas & Carrots Variety Fruit/Fresh Fruit	24 Bosco's Stuffed Crust Pizza (V) • Lasagna Rollup w/Garlic Breadstick (V) Fresh Baby Carrots Brilliant Broccoli Parmesan Variety Fruit/Fresh Fruit	25 Power Up Popcorn Chicken Salad Cheese Enchiladas (V) Refried Beans Gemini Golden Corn Variety Fruit/Fresh Fruit	26 Milky Way Mac N Cheese w/Cornbread Star (V) Hamburger/Cheeseburger May the Fries be With You Saturn Salad Fixin's Variety Fruit/Fresh Fruit
29 <b>MEMORIAL DAY</b>	30 Zero G Hot Dog Cheesy Baked Potato w/Cornbread (V) Seasoned Green Beans Cheesy Cauliflower Variety Fruit/Fresh Fruit	31 <b>EARLY DISMISSAL (SACK LUNCH)</b>	<b>SCIENCE FACT: ROCKET FUEL</b> Rockets have to have fuels that burn just right to allow a space ship to leave the Earth's atmosphere. Just like a space ship, our bodies need the right fuels from carbs, proteins, and fats to keep us energized and moving all day long.	

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Student/Staff Holidays	+ Early Dismissal
Staff Development / Student Waiver Days	

# JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>EXPLORE: FROZEN VEGGIES</b>            Did you know that frozen vegetables and fruits are just as healthy as fresh? Vegetables are picked at their peak ripeness so that they're packed with the most nutrients right before they're frozen.</p>			01 <b>EARLY            DISMISSAL</b> (SACK LUNCH)	02 <b>STAFF DEVELOPMENT/            STUDENT WAIVER DAY</b>
05	06	07	08	09
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

**Menu subject to change without notice due to price and/or availability.**

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