

# Weekly Lunch Menu

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## Monday

- **Main Course:** Spaghetti and Meatballs
  - **Vegetarian Option:** Spaghetti with Marinara Sauce
  - **Side Dish:** Garlic Bread
  - **Vegetables:** Steamed Broccoli
  - **Fruit:** Apple Slices
  - **Dessert:** Chocolate Chip Cookie
  - **Beverage:** Milk or Water
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## Tuesday

- **Main Course:** Chicken Tacos
  - **Vegetarian Option:** Veggie Tacos
  - **Side Dish:** Spanish Rice
  - **Vegetables:** Corn on the Cob
  - **Fruit:** Orange Wedges
  - **Dessert:** Vanilla Pudding
  - **Beverage:** Milk or Water
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## Wednesday

- **Main Course:** Vegetarian Lasagna
  - **Vegetarian Option:** Same as main course
  - **Side Dish:** Garlic Breadsticks
  - **Vegetables:** Mixed Green Salad with Italian Dressing
  - **Fruit:** Banana
  - **Dessert:** Oatmeal Raisin Cookie
  - **Beverage:** Milk or Water
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## Thursday

- **Main Course:** Beef Burgers
- **Vegetarian Option:** Veggie Burgers
- **Side Dish:** Sweet Potato Fries

- **Vegetables:** Carrot Sticks
  - **Fruit:** Grapes
  - **Dessert:** Chocolate Pudding
  - **Beverage:** Milk or Water
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## Friday

- **Main Course:** Fish and Chips
  - **Vegetarian Option:** Cheese Quesadilla
  - **Side Dish:** Coleslaw
  - **Vegetables:** Peas and Carrots
  - **Fruit:** Watermelon Slices
  - **Dessert:** Brownie
  - **Beverage:** Milk or Water
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## Nutritional Information

Each meal is carefully planned to meet the dietary guidelines and nutritional needs of students. For specific dietary concerns or allergies, please contact the school nutritionist.

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## Notes

- All meals are served with a choice of milk (skim or 1%) or water.
- Gluten-free options are available upon request.
- Please notify the cafeteria staff of any food allergies in advance.