

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<ul style="list-style-type: none"> • Little Caesar's Cheese Pizza (32g Carbs) • Little Caesar's Pepperoni % ** Pizza (32g Carbs) • Celery Sticks (1/4 c) (1g Carbs) • Broccoli Florets (1/4 c) (1g Carbs) • 100% Fruit Juice (15g Carbs) • Mixed Berry Cup (20g Carbs) Or Strawberry Cup (21g Carbs) Or Peach Cup (17g Carbs) 	<ul style="list-style-type: none"> • Stuffed Bosco Sticks (6") (30g Carbs) / Marinara Sauce (6g Carbs) • Steamed Corn (1/2 c) (17g Carbs) • Celery Sticks (1/4 c) (1g Carbs) • Baby Carrots (1 bag) (8g Carbs) • Sliced Pears (1/2 c) (20g Carbs) 	<ul style="list-style-type: none"> • Trix Cherry Yogurt (20g Carbs) Or Trix Strawberry/Banana Yogurt (20g Carbs) • Mozzarella String Cheese (1g Carbs) • Baked Scoops (19g Carbs) / Cowboy Caviar (1/2 c) (20g Carbs) • Romaine Lettuce (1/2 c) (1g Carbs) • Cauliflower Florets (1/4 c) (2g Carbs) • Frozen Orange/Pineapple/Cherry Fruit Juice Cup (19g Carbs) • Sliced Peaches (1/4 c) (8g Carbs)
6	7	8	9	10
<ul style="list-style-type: none"> • Twisted Pasta w/Meat Sauce (37g Carbs) / WG Breadstick (14g Carbs) • Cauliflower Florets (1/4 c) (2g Carbs) • Romaine Lettuce (1/2 c) (1g Carbs) • Grape Tomatoes (1/4 c) (1g Carbs) • Sliced Pears (1/2 c) (20g Carbs) 	<ul style="list-style-type: none"> • WG Sub Bun (31g Carbs) / Sliced Italian Turkey Combo (3 slices) (33g Carbs) / Sliced Yellow Cheese (1g Carbs) • Romaine Leaf Lettuce (1g Carbs) & Sliced Pickles (1/4 c) (0g Carbs) • Garbanzo Bean Salad (1/2 c) (19g Carbs) • Broccoli Florets (1/4 c) (1g Carbs) • Baby Carrots (1 bag) (8g Carbs) • Sliced Peaches (1/2 c) (17g Carbs) • Mayonnaise (0g Carbs) • Mustard (0g Carbs) 	<ul style="list-style-type: none"> • Little Caesar's Cheese Pizza (32g Carbs) • Little Caesar's Pepperoni % ** Pizza (32g Carbs) • Romaine Lettuce (1/2 c) (1g Carbs) • Celery Sticks (1/4 c) (1g Carbs) • 100% Fruit Juice (15g Carbs) • Sliced Apples (1 bag) (7g Carbs) 	<ul style="list-style-type: none"> • Crispy Chicken Leg (5g Carbs) • Dinner Roll (19g Carbs) / Margarine (0g Carbs) / Honey (7g Carbs) • Mashed Potatoes (1/2 c) (44g Carbs) / Chicken Gravy (2 oz) (4g Carbs) • Baby Carrots (1 bag) (8g Carbs) • Broccoli Florets (1/4 c) (1g Carbs) • Grapes (1/2 c) (12g Carbs) 	<ul style="list-style-type: none"> • WG Sub Bun (31g Carbs) / Sliced Turkey Ham (3 slices) (1g Carbs) / Sliced Yellow Cheese (1g Carbs) • Romaine Leaf Lettuce (1g Carbs) & Sliced Pickles (1/4 c) (0g Carbs) • WG Nacho Doritos (20g Carbs) • Pepper Strips (1/4 c) (6g Carbs) • Grape Tomatoes (1/4 c) (1g Carbs) • Mandarin Oranges (1/2 c) (19g Carbs) • Mayonnaise (0g Carbs) • Mustard (0g Carbs)
13	14	15	16	17
<ul style="list-style-type: none"> • BBQ Beef Riblet (13g Carbs) / WG Hamburger Bun (21g Carbs) • Steamed Corn (1/2 c) (17g Carbs) • Broccoli Florets (1/4 c) (1g Carbs) • Cucumber Slices (1/4 c) (1g Carbs) • Clementine (9g Carbs) • Mayonnaise (0g Carbs) • Mustard (0g Carbs) • Ketchup (2g Carbs) • BBQ Sauce Cup (16g Carbs) 	<ul style="list-style-type: none"> • Trix Cherry Yogurt (20g Carbs) Or Trix Strawberry/Banana Yogurt (20g Carbs) • Mozzarella String Cheese (1g Carbs) • Blueberry Muffin (26g Carbs) Or Chocolate Chip Muffin (28g Carbs) • WG Goldfish Colors (14g Carbs) • Frozen Orange/Pineapple/Cherry Fruit Juice Cup (19g Carbs) • Romaine Lettuce (1/2 c) (1g Carbs) • Celery Sticks (1/4 c) (1g Carbs) • Sliced Apples (1 bag) (7g Carbs) 	<ul style="list-style-type: none"> • Little Caesar's Cheese Pizza (32g Carbs) • Little Caesar's Pepperoni % ** Pizza (32g Carbs) • Broccoli Florets (1/4 c) (1g Carbs) • Grape Tomatoes (1/4 c) (1g Carbs) • 100% Fruit Juice (15g Carbs) • Sliced Peaches (1/2 c) (17g Carbs) 	<ul style="list-style-type: none"> • Mini Corn Dogs *** (30g Carbs) • Baked Beans (V) (1/2 c) (37g Carbs) • Cauliflower Florets (1/4 c) (2g Carbs) • Baby Carrots (1 bag) (8g Carbs) • Mixed Fruit (1/2 c) (20g Carbs) • Ketchup (2g Carbs) • Mustard (0g Carbs) • BBQ Sauce Cup (16g Carbs) 	<ul style="list-style-type: none"> • WG Sub Bun (31g Carbs) / Sliced Italian Turkey Combo (3 slices) (33g Carbs) / Sliced Yellow Cheese (1g Carbs) • Romaine Leaf Lettuce (1g Carbs) & Sliced Pickles (1/4 c) (0g Carbs) • WG Nacho Doritos (20g Carbs) • Romaine Lettuce (1/2 c) (1g Carbs) • Grape Tomatoes (1/4 c) (1g Carbs) • Fresh Pear (26g Carbs) • Mayonnaise (0g Carbs) • Mustard (0g Carbs)

20 <ul style="list-style-type: none"> Breaded Chicken Smackers (20g Carbs) Dinner Roll (19g Carbs) / Margarine (0g Carbs) / Honey (7g Carbs) Deli Roasted Potatoes (19g Carbs) Broccoli Florets (1/4 c) (1g Carbs) Baby Carrots (1 bag) (8g Carbs) Orange Wedges (19g Carbs) Ketchup (2g Carbs) Mustard (0g Carbs) BBQ Sauce Cup (16g Carbs) 	21 <ul style="list-style-type: none"> WG Sub Bun (31g Carbs) / Sliced Turkey Ham (3 slices) (1g Carbs) / Sliced Yellow Cheese (1g Carbs) Romaine Leaf Lettuce (1g Carbs) & Sliced Pickles (1/4 c) (0g Carbs) WG Nacho Doritos (20g Carbs) Romaine Lettuce (1/2 c) (1g Carbs) Grape Tomatoes (1/4 c) (1g Carbs) Cucumber Slices (1/4 c) (1g Carbs) Mixed Fruit (1/2 c) (20g Carbs) Mayonnaise (0g Carbs) Mustard (0g Carbs) 	22 <ul style="list-style-type: none"> Little Caesar's Cheese Pizza (32g Carbs) Little Caesar's Pepperoni % ** Pizza (32g Carbs) Broccoli Florets (1/4 c) (1g Carbs) Baby Carrots (1 bag) (8g Carbs) 100% Fruit Juice (15g Carbs) Grapes (1/2 c) (12g Carbs) 	23 <ul style="list-style-type: none"> Baked Scoops (19g Carbs) / Taco Meat % (5g Carbs) / Cheese Sauce (4g Carbs) Refried Beans (2/3 c) (9g Carbs) Salsa (1/4 c) (4g Carbs) Romaine Lettuce (1/2 c) (1g Carbs) Cauliflower Florets (1/4 c) (2g Carbs) Sliced Apples (1 bag) (7g Carbs) 	24 <p>1/2 Day - Records Day - Breakfast Only</p>
27  <p>Memorial Day - No School</p>	28 <ul style="list-style-type: none"> Trix Cherry Yogurt (20g Carbs) Or Trix Strawberry/Banana Yogurt (20g Carbs) Mozzarella String Cheese (1g Carbs) Blueberry Muffin (26g Carbs) Or Chocolate Chip Muffin (28g Carbs) WG Goldfish Colors (14g Carbs) Frozen Orange/Pineapple/Cherry Fruit Juice Cup (19g Carbs) Broccoli Florets (1/4 c) (1g Carbs) Grape Tomatoes (1/4 c) (1g Carbs) Sliced Pears (1/2 c) (20g Carbs) 	29 <ul style="list-style-type: none"> Little Caesar's Cheese Pizza (32g Carbs) Little Caesar's Pepperoni % ** Pizza (32g Carbs) Celery Sticks (1/4 c) (1g Carbs) Baby Carrots (1 bag) (8g Carbs) 100% Fruit Juice (15g Carbs) Mixed Fruit (1/2 c) (20g Carbs) 	30 <ul style="list-style-type: none"> Orange Chicken (30g Carbs) / Steamed Rice (25g Carbs) Garden Green Peas (1/2 c) Pepper Strips (1/4 c) (6g Carbs) Romaine Lettuce (1/2 c) (1g Carbs) Orange Wedges (19g Carbs) 	31 <ul style="list-style-type: none"> WG Sub Bun (31g Carbs) / Sliced Italian Turkey Combo (3 slices) (33g Carbs) / Sliced Yellow Cheese (1g Carbs) Romaine Leaf Lettuce (1g Carbs) & Sliced Pickles (1/4 c) (0g Carbs) Baked Scoops (19g Carbs) / Cowboy Caviar (1/2 c) (20g Carbs) Cucumber Slices (1/4 c) (1g Carbs) Broccoli Florets (1/4 c) (1g Carbs) Fresh Apple (21g Carbs) Mayonnaise (0g Carbs) Mustard (0g Carbs)

Milk & Condiments (Offered Daily): Fat-Free White Milk (13g Carbs), Fat-Free Chocolate Milk (20g Carbs), Ranch Dressing Cup (5g Carbs), Italian Dressing Cup (4g Carbs)

Healthy-Hunger Free Act of 2010 Per the Healthy-Hunger Free Act of 2010 students are required to take a 1/2 cup serving of fruit or vegetable or combination of the two at lunch to be considered a reimbursable meal.

(V) - Meatless Product, % - Beef Product, * - Turkey Product, ** - Pork Product, *** - Chicken Product

More Details: okemoschools.nutrislice.com/menu/cole-academy-east/lunch/

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