



School Information: PB & J available daily



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



WG Pizza
Corn
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

7

Tuesday

Fish Sticks
Baked French Fries
Hush Puppies
Cole Slaw
Fresh Fruit
Choice of Milk

1



8

Wednesday

Turkey Hoagie
Sun Chips
Baby Carrots w/FF Ranch
Fresh Fruit
Choice of Milk

2

Hamburger
Baked French Fries
Baked Beans
Fresh Fruit
Choice of Milk

9

Thursday

Baked Chicken
WG Rice & Gravy
Broccoli
WG Roll
Fresh Fruit
Choice of Milk

3

Baked Spaghetti
Corn on the Cob
Tossed Salad (Romaine)
WG Breadstick
Fresh Fruit
Choice of Milk

10

Friday

Corn Dog
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

4

Beef Bites
Mash Potatoes
Glazed Carrots
WG Roll
Fresh Fruit
Choice of Milk

11

Hot Dog (Chili)
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

14

Beefy Cheesy Nachos
Spanish Rice
Fiesta Corn
Tossed Salad (Romaine)
Fruit, Choice of Milk

15

Baked Fish Sandwich
Cole Slaw
Baked French Fries
Fresh Fruit
Choice of Milk

16

Turkey Hoagie
Sun Chips
Baby Carrots w/FF Ranch
Fresh Fruit
Choice of Milk

17

WG Pizza
Corn
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

18

Pulled BBQ Chicken
Sandwich
Baked French Fries
Baked Beans
Fresh Fruit
Choice of Milk

21

Sliced Turkey
Baked Mac & Cheese
Collard Greens
Sweet Potato Yams
WG Rice & Gravy
Fruit, Choice of Milk

22

NO
SCHOOL!

23



24

NO
SCHOOL!

25

Hamburger
Baked French Fries
Baked Beans
Fresh Fruit
Choice of Milk

28

Breaded Chicken Sandwich
Sun Chips
Baby Carrots w/FF Ranch
Fresh Fruit
Choice of Milk

29

WG Pizza
Corn
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

30

