



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

Tuesday

Wednesday

Thursday

Friday



Hot Dog (chili) **1**
Baked French Fries
Baked Beans
Fresh Fruit
Choice of Milk

Pulled BBQ Chicken **2**
Sandwich
Baked Tater Tots
Green Beans
Fruit, Choice of Milk

Turkey Hoagies **3**
Baby Carrots w/FF Ranch
Sun Chips
Fresh Fruit
Choice of Milk

Hamburger **6**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

Beef Bites **7**
Mashed Potatoes & Gravy
Glazed Carrots
WG Roll
Fruit, Choice of Milk

Ravioli **8**
Corn
Tossed Salad (Romaine)
WG Breadstick
Fruit, Choice of Milk

Corn Dog **9**
Baked French Fries
Green Beans
Fresh Fruit
Choice of Milk

WG Pizza **10**
Corn on the Cob
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

Breaded Chicken Sandwich **13**
Baby Carrots w/FF Ranch
Sun Chips
Fresh Fruit
Choice of Milk

Baked Chicken **14**
WG Rice & Gravy
Broccoli
Cornbread Muffin
Fruit, Choice of Milk

Taco (hard shell) **15**
Fiesta Corn
Spanish Rice
Fruit, Choice of Milk

WG Pizza **16**
Corn on the Cob
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

Hamburger **17**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk



Baked Spaghetti **21**
Corn
Tossed Salad (Romaine)
WG Breadstick
Fruit, Choice of Milk

Beef Bites **22**
Mash Potatoes & Gravy
Glazed Carrots
WG Roll
Fruit, Choice of Milk

Hot Dog(chili) **23**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

WG Pizza **24**
Corn on the Cob
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

Turkey Hoagies **27**
Baby Carrots w/FF Ranch
Sun Chips
Fresh Fruit
Choice of Milk

Hamburger **28**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk



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