



School Information: PB & J sandwich 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



The U.S. Department of Agriculture (www.usda.gov) prohibits discrimination in all of its programs and activities.

Tuesday



Wednesday

Thursday

Friday

Beef Bites
Mashed Potatoes
Steamed Broccoli
WG Roll
Fruit, Choice of Milk

6

Crunchy Fish Tacos (soft shell)
Baked French Fries
Cole Slaw
Fresh Fruit
Choice of Milk

7

Bowl of Chili
Corn Bread Muffin
String Cheese
Fresh Fruit
Choice of Milk

1

Corn Dog
Baked Smiley Face Fries
Green Beans
Fresh Fruit
Choice of Milk

2

Grilled Chicken Fiesta Wrap
String Cheese
Baby Carrots w/FF Ranch
Fresh Fruit
Choice of Milk

3

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

13

Roasted Chicken Drumsticks
WG Rice & Gravy
Mixed Vegetables
WG Roll
Fruit, Choice of Milk

14

Meatloaf
Mashed Potatoes
Mustard Greens
Corn Bread Muffin
Fruit, Choice of Milk

15

Beefy Cheesy Nachos
Fiesta Corn
Spanish Rice
Fresh Fruit
Choice of Milk

16

Turkey & Cheese Hoagie
Baby Carrots W/FF Ranch
Sun Chips
Fresh Fruit
Choice of Milk

17

Hamburger (Cheese)
Baked Beans
Baked French Fries
Fresh Fruit
Choice of Milk

20

Beef Stew
Mashed Potatoes
WG Roll
Fruit
Choice of Milk

21

Chicken Pot Pie
WG Rice
Steamed Broccoli
Fresh Fruit
Choice of Milk

22

Corn Dog
Baked Smiley Face Fries
Green Beans
Fresh Fruit
Choice of Milk

23

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

24

Turkey & Cheese Hoagie
Baby Carrots W/FF Ranch
Sun Chips
Fresh Fruit
Choice of Milk

27

Shepherds Pie
Steamed Corn
Corn Bread Muffin
Fresh Fruit
Choice of Milk

28

Crunchy Beef Tacos
Fiesta Corn
Spanish Rice
Fresh Fruit
Choice of Milk

29

Beef Bites
Mashed Potatoes
Steamed Broccoli
WG Roll
Fruit, Choice of Milk

30

Chicken Nuggets (Sauce)
Baked Smiley Face Fries
String Cheese
Fruit
Choice of Milk

31