



School Information: This Institution is an equal opportunity provider.



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



5
Sriracha Honey Chicken or General Tso's Chicken
Vegetable Egg Roll
Carrots
Peaches
Cookie & Milk

6
Cheeseburger or Mini Corn Dogs
Baked Beans
Broccoli & Cauliflower w/ dip
Sidekicks
Milk & Juice

7
Chicken Fajita or Soft Shell Taco
Lettuce, Tomato & Salsa
Corn
Rosy Applesauce
Sun Chips & Milk

1
Cheeseburger or Popcorn
Chicken w/ Sun Chips
Seasoned Fries
Broccoli & Cauliflower w/ dip
Peaches
Milk & Juice

2
Spicy Chicken on Bun or Bosco Sticks w/ Marinara Sauce
Garden Salad
Assorted Vegetable Punch
Fruit & Milk

12
No School

13
Cheeseburger or Sloppy Joes on Bun
Baked Beans
Cherry Smooth Sidekick
Mandarin Oranges
Milk

14
Pizza or Spicy Chicken on Bun
Garden Salad
Assorted Vegetable Punch
Peaches
Milk

15
Cheeseburger or Chicken Nachos w/ Doritos
Corn
Assorted Vegetable Punch
Fruit
Milk

16
No School

19
Potato Bar (Ham, Cheese & Broccoli) w/ Breadsticks or Chef Salad w/ Grilled Fajita Strips & Doritos
Rosy Applesauce
Milk

20
Chili Cheese Dog or Chicken On Bun
Seasoned Fries
Carrot Sticks & Cucumber Slices w/ dip
Fresh Fruit Mix, Juice & Milk

21
No School

22
No School

23
No School

26
Cheeseburger or Ham & Cheese on Bun
Baked Beans
Assorted Vegetable Punch
Peaches
Milk

27
Chicken Wrap w/ Doritos Or Spicy Chicken on Bun
Carrot Sticks & Broccoli w/ Dip
Whole Fruit Cup
Juice
Milk

28
Chicken Fryz w/ Cheez-its Or Cheeseburger
Seasoned Fries
Assorted Vegetable Punch
Pears
Milk & Juice

29
Chicken on Bun, Garden Salad
Assorted Vegetable Punch or Chef Salad w/ Turkey & Doritos
Cinnamon Applesauce Cup
Juice
Milk

30
B.B.Q Nachos w/ Bug Bites Or Hamburger
Red Pepper Slices, Tomatoes & Celery Sticks w/ Dip
Pineapple
Milk