



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

2

No School

3

Hamburger or Quesadilla w/Salsa
Garden Salad
Assorted Vegetable Punch
Mandarin Oranges
Milk

4

Spicy Chicken on Bun or B.B.Q. Rib on Bun
Baked Beans
Cherry Smooth Sidekick
Applesauce
Milk

5

Hamburger or Chicken Strips w/Sun Chips
Seasoned Fries
Carrot Sticks w/dip
Blueberries
Juice & Milk

6

Pizza or Chicken on Bun
Garden Salad
Assorted Vegetable Punch
Fruit
Juice
Milk

9

Cheeseburger or Ham & Cheese on Bun
Baked Beans
Orange Medley
Peaches
Milk

10

Chicken Wrap or Spicy Chicken on Bun
Carrot Sticks & Broccoli w/dip
Fresh Fruit Mix
Juice
Milk

11

Chicken Fryz w/ Elf Grahams Or Cheeseburger
Corn
Assorted Vegetable Punch
Applesauce
Milk

12

Chicken on Bun w/ Garden Salad or Chef Salad w/ Turkey & Nachos Doritos
Strawberry Cup
Juice
Milk

13

12:15 Dismissal
B.B.Q. Nachos w/ Bug Bites or Hamburger
Tomatoes, Carrot Sticks & Cucumbers w/ dip
Pineapple & Milk

16

Grilled Chicken on Bun or Pizza Calzone
Celery & Carrots Sticks w/ dip
Sidekicks
Juice & Milk

17

Cheeseburger or Popcorn
Chicken w/ Sun Chips
Broccoli & Cauliflower w/ dip
Mandarin Oranges
Milk

18

Fish on Bun or Hamburger
Green Peppers Slices & Tomatoes w/ dip
Baked Beans
Cinn. Applesauce Cup
Juice & Milk

19

Spicy Chicken on Bun or Ham & Cheese Stuffer
Seasoned Fries
Pumpkin Pudding
Peaches & Milk

20

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

23

Pizza or Mini Grilled Chicken w/ Pepper Jack Cheese
Garden Salad
Assorted Vegetable Punch
Luigi's Sorbet, Juice & Milk

24

Chicken Nachos w/ Cookie Or Chipotle Chicken
Carrot Sticks & Green Pepper Slices w/ dip
Strawberry Applesauce Cup
Juice & Milk

25

Spicy Chicken on Bun or Cheesy Breadsticks w/ Marinara Sauce
Garden Salad
Corn
Blueberries, Juice & Milk

26

Chicken on Bun or Hamburger
Seasoned Fries
Cucumbers w/ dip
Peaches
Milk

27

Deli Sub or Chicken on Bun
Baked Beans
Orange Medley
Fresh Fruit mix
Milk

30

Buffalo Sticks w/Ranch Dressing & Sun Chips or Cheeseburger
Carrot Sticks & Green Pepper Slices w/ Dip
Apple, Juice & Milk

