



**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

Popcorn Chicken  
Baked Beans  
Carrots  
Luigi's Sorbet  
Oatmeal Cookies  
Milk

4

Bosco Sticks  
w/ Marinara Sauce  
Garden Salad  
Corn  
Peaches  
Milk

5

Meatloaf  
Mashed Potatoes  
Veggie Blend  
Roll – Jelly  
Strawberry Cup  
Juice & Milk

6

Chicken Nachos  
Taco Fiesta Beans  
Shredded Lettuce & Salsa  
Broccoli w/ dip  
Fruit  
Snickerdoodle, Milk & Juice

9

Mini Corn Dogs  
Tri-taters  
Assorted Vegetable Punch  
Applesauce  
Milk

10

Chicken Alfredo with a Twist  
Carrots  
Garden Salad  
Garlic Toast  
Mandarin Oranges  
Milk

11

Cheeseburger  
Baked Beans  
Pumpkin Pudding  
Fruit  
Milk  
Juice

12

Chicken & Noodles  
Mashed Potatoes  
Green Beans  
Roll – Jelly  
Fruit  
Milk & Juice

13

12:15 Dismissal  
Turkey & Cheese Sub  
Shredded Lettuce  
Carrot Sticks & Broccoli w/ dip  
Sidekicks  
Juice & Milk

16

Walking Tacos w/ Doritos  
Shredded Lettuce & Salsa  
Refried Beans  
Peaches  
Cookie  
Milk

17

Chicken Tetrazzini  
Gardens Salad  
Orange Medley  
Roll – Jelly  
Fruit  
Milk & Juice

18

Hot Dog on Bun  
Tater Tots  
Assorted Vegetable Punch  
Jello w/ Fruit  
Juice  
Milk

19

B.B.Q. Chicken on Bun  
Coleslaw  
Baked Beans  
Whole Fruit Cup  
Juice  
Milk

20

Pizza  
Garden Salad  
Peas  
Fruit  
Juice  
Milk

23

Hamburger  
Tri-tater  
Assorted Vegetable Punch  
Cinn. Applesauce Cup  
Juice  
Milk

24

Chicken Nuggets  
Carrot sticks & Broccoli w/ dip  
Pineapple  
Milk

25

Cavatini  
Garden Salad  
Garlic Toast  
Peaches  
Milk

26

Chicken Caesar Wrap  
Lettuce & Tomatoes  
Green Beans  
Apple Crisp  
Juice  
Milk

27

B.B.Q. Rib on Bun  
Baked Beans  
Corn  
Fruit  
Juice  
Milk

30

Spaghetti w/ Meat Sauce  
Breadstick  
Garden Salad  
Orange Medley  
Craisins, Juice & Milk

