



**School Information:** This Institution is an equal opportunity provider.



**Nutrition Tip:** Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

No School

Mini Twin Grilled Chicken w/ Pepper Jack Cheese or Cheeseburger  
Baked Beans  
Cucumbers Slices w/ dip  
Cinnamon Applesauce Cup  
Milk & Juice **1**

Hamburger or Quesadilla  
Garden Salad  
Assorted Vegetable Punch  
Fruit Salad  
Milk **2**

Popcorn Chicken w/ Sun Chips or Cheeseburger  
Carrot Sticks & Green Peppers w/ dip  
Pears  
Milk  
Juice **3**

Cheesy Breadsticks w/ Marinara Sauce or Spicy Chicken on Bun  
Garden Salad  
Cherry Smooth Sidekick  
Peaches  
Milk **4**

Sriracha Honey Chicken or General Tso's Chicken  
Vegetable Fried Rice  
Carrots  
Peaches  
Cookie  
Milk **7**

Cheeseburger or Mini Corn Dogs  
Baked Beans  
Broccoli & Cauliflower w/ dip  
Fruit  
Juice  
Milk **8**

Chicken Fajita or Soft Shell Taco  
Shredded Lettuce  
Tomatoes & Salsa  
Corn  
Applesauce  
Sun Chips & Milk **9**

Grilled Chicken on Bun or Hamburger  
Seasoned Fires  
Carrot Sticks w/ dip  
Fruit  
Milk  
Juice **10**

Chicken on Bun or Bosco Sticks w/ Marinara Sauce  
Garden Salad  
Assorted Vegetable Punch  
Fruit  
Milk & Juice **11**

No School **14**

Cheeseburger or Ham & Cheese on Bun  
Baked Beans  
Cherry Smooth Sidekick  
Rosy Applesauce  
Milk **15**

Pizza or Spicy Chicken on Bun  
Garden Salad  
Assorted Vegetable Punch  
Peaches  
Milk **16**

Cheeseburger or Chicken Nachos w/ Grahams  
Corn  
Orange Medley  
Mandarin Oranges  
Milk **17**

No School **18**

No School **21**

Pizza Calzone or Grilled Chicken on Bun  
Carrot Sticks, Cucumbers & Tomatoes w/ dip  
Mixed Berries  
Milk & Juice **22**

Potato Bar (Ham, Cheese & Broccoli) w/ Breadsticks or Chef Salad w/ Turkey  
Sun Chips  
Mandarin Oranges & Milk **23**

Cheeseburger or Spicy Chicken on Bun  
Seasoned Fries  
Broccoli & Cauliflower w/ dip  
Fruit Salad  
Milk & Juice **24**

Hamburger or B.B.Q Rib on Bun  
Baked Beans  
Assorted Vegetable Punch  
Pineapple  
Milk **25**

Spicy Chicken on Bun or Chicken Caesar Wrap w/ Brownie  
Carrot & Celery Sticks w/ dip  
Craisins  
Milk & Juice **28**

Chicken on Bun or Cheeseburger  
Cucumber Slices & Tomatoes w/ dip  
Mandarin Oranges  
Milk **29**

Fish or Hamburger  
Baked Beans  
Green & Red Peppers Slices w/ dip  
Cinnamon Applesauce  
Milk & Juice **30**

Pizza or Chicken Fryz w/ Cheez-its  
Corn  
Broccoli w/ dip  
Sidekick  
Milk & Juice **31**

