



**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

Mozz. Cheese Bites w/ Marinara Sauce  
Garden Salad  
Peas  
Whole Fruit Cup  
Milk  
Juice **1**

Tater Tot Casserole  
Broccoli w/ dip  
Roll – Jelly  
Peaches  
Milk **2**

Tangerine Chicken  
Vegetable Fried Rice  
Carrots  
Applesauce  
Milk  
Cookie **3**

Chicken Fajitas  
Shredded Lettuce & Salsa  
Corn  
Strawberry Cup  
Chocolate Chip Cookie  
Milk  
Juice **4**

Chicken Strips w/ Waffles  
Tri-taters  
Mango Wango Punch  
Pears  
Milk **7**

Cheese Pizza  
Garden Salad  
Corn  
Fruit  
Milk  
Juice **8**

Grilled Chicken Sandwich  
Hummus  
Carrot Sticks  
Fruit Salad  
Sun Chips  
Milk **9**

B.B.Q Rib on Bun  
Green Beans  
Dragon Punch  
Oranges Slices  
Milk  
Juice **10**

Chicken Nachos  
Salsa  
Tomatoes & Broccoli w/ dip  
Fruit  
Milk  
Juice **11**

No School **14**

Chicken Alfredo with a Twist  
Garden Salad & Tomatoes  
Assorted Vegetable Punch  
Garlic Toast  
Peaches  
Milk **15**

B.B.Q Pork on Bun  
Baked Beans  
Creamy Coleslaw  
Mandarin Oranges  
Milk **16**

Chicken Noodles  
Mashed Potatoes  
Green Beans  
Applesauce  
Roll – Jelly  
Milk **17**

No School **18**

No School **21**

Mini Corn Dogs  
Baked Beans  
Celery Sticks w/ dip  
Rosy Applesauce  
Milk **22**

Chicken Fryz  
Broccoli, Carrot Sticks & Tomatoes w/ dip  
Sorbet  
Grahams  
Milk & Juice **23**

Spaghetti w/ Meat Sauce  
Garden Salad  
Assorted Vegetable Punch  
Breadstick  
Peaches  
Milk **24**

Grilled Cheese Sandwich  
Tater Tots  
Green Beans  
Fruit  
Milk  
Juice **25**

Chicken on Bun  
Tri-taters  
Corn  
Mandarin Oranges  
Milk **28**

Bosco Sticks w/ Marinara Sauce  
Garden Salad  
Peas  
Sidekick  
Milk & Juice **29**

General Tso's Chicken  
Vegetable Fried Rice  
Carrots  
Applesauce  
Milk  
Pumpkin Bar **30**

Ham & Cheese Slider  
Lettuce & Tomato Slice  
Baked Beans  
Assorted Vegetable Punch  
Apple  
Milk **31**

