



This menu is subject to change.
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
BBQ Pork, Bun
Sweet Potato Wedges
Peas
Applesauce
Fresh Fruit
Cake, Milk

6
Turkey Gravy
Biscuit
Dilled Carrots
Broccoli
Tropical Fruit
Juice, Milk

7
Chicken Fajita
Lettuce, Salsa
Refried Beans
Pineapple
Fresh Fruit
Rice Pilaf, Milk

1
Pig in a Blanket
Baked Beans
Potato Salad
Mandarin Oranges
Apple Wedges
Milk

2
Fish Sticks
Macaroni & Cheese
Stewed Tomatoes
Broccoli
Pears
Juice
Milk

12
NO SCHOOL

13
Chicken & Noodles
Mashed Potatoes
Baby Carrots
Strawberry Cup
Juice
Bread, Milk

14
Ham Sandwich
Celery Sticks
Spicy Beans
Mandarin Oranges
Fresh Fruit
Milk

8
Baked Potato
Chili, Cheese
Tuscan Veggies
Pears
Juice
Bread, Milk

9
NO SCHOOL

15
Super Beef Nacho
Corn
Red Pepper Strips
Cinnamon Apples
Juice
Milk

16
Ravioli
Italian Salad
Green Beans
Pineapple
Fresh Fruit
Bread, Milk

19
Sloppy Joe, Bun
Sweet Potato Wedges
Celery Sticks
Peaches
Fresh Fruit
Brownie, Milk

20
Breaded Beef Patty
Potatoes, Gravy
Dilled Carrots
Applesauce, Juice
Bread, Milk

21
Cheeseburger Macaroni
Romaine Lettuce
Cherry Tomatoes
Pears
Fresh Fruit
Muffin, Milk

22
Sweet & Sour Chicken, Rice
Oriental Veggies
Green Pepper
Pineapple
Juice
Egg Roll, Milk

23
Grilled Cheese Sandwich
Potato or Tomato Soup
Broccoli
Fruit Cocktail
Fresh Fruit
Milk

26
Fiestada Pizza
Green Beans
Red Pepper Strips
Tropical Fruit
Fresh Fruit
Milk

27
Grilled Chicken Patty, Bun
Baked Beans
Baby Carrots
Peaches
Juice
Macaroni Salad, Milk

28
Spaghetti
Corn
Fruit Cocktail
Fresh Fruit
Garlic Bread
Milk

29
Breaded Chicken
Irish Potatoes
Broccoli
Mandarin Oranges
Juice
Cake, Milk

30
NO SCHOOL