



**Choice of Low Fat White, Fat Free White or Fat Free Chocolate Milk served daily.**

**Fruit Juice & Desserts served on occasion.**



**Fitness Tip:** MyPlate recommends:

- ~ Children need at least 60 minutes of physical activity every day.
- ~ Be active together as a family.
- ~ Physical activity should be fun and offer variety.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Blank lunch menu for Monday.

Hot Dog – Bun **1**  
Seasoned French Fries  
Fruit  
Granola Bars

Chicken Nuggets **2**  
Baked Beans  
Fruit  
Cookie

Salisbury Steak & Gravy **3**  
Hash Brown  
Garlic Breadstick/Texas Toast  
Fruit

Hamburger or Cheeseburger – Bun **4**  
Carrots, Fruit  
Pudding or Jell-O Cup

Beef Tacos **7**  
Nacho Chips  
Salsa, Sour Cream, Cheese  
Corn, Fruit, Cookie

Meatball Sandwich **8**  
w/ Marinara Sauce  
Raw Carrots & Ranch  
Fruit, Cupcakes

Corn Dogs **9**  
Tator Tots  
Fruit  
Fruit Snacks  
(6<sup>th</sup>-8<sup>th</sup> Field Trip)

Chicken Tenders **10**  
Tator Tots  
Fruit,  
Fruit Snacks  
(K-5<sup>th</sup> Field Trip)

Mini Corn Dogs **11**  
Nacho Chips & Cheese  
Green Beans  
Fruit

Double Stuffed Pizza **14**  
Carrots  
Fruit  
Cookie

BBQ – Bun **15**  
Baked Beans  
Fruit  
Rice Krispy Treat  
(Band Field Trip)

Pretzels & Cheese **16**  
Green Beans  
Fruit  
Fruit Snacks

Chicken Patty – Bun **17**  
Potato Chips  
Fruit  
Gogurt  
(Sack Lunch - Concert)

Beef Tacos **18**  
Nacho Chips  
Salsa, Sour Cream, Cheese  
Corn, Fruit, Cookie

Macaroni & Cheese **21**  
Green Beans  
Fruit  
Granola Bar

Mini Corn Dogs **22**  
Nacho Chips & Cheese  
Green Beans  
Fruit

Chicken Patty - Bun **23**  
Potato Chips  
Fruit  
Treat  
(Sack Lunch - Graduation)

Pork Riblet – Bun **24**  
Potato Chips  
Fruit  
Treat  
(Sack Lunch - Graduation)

French Toast Sticks **25**  
Tator Tots or Hash Brown  
Sausage Patty  
Fruit, Treat

No School **28**

No School **29**

Hot Dog Lunch **30**  
Field Day

Blank lunch menu for Friday 31.

