



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



Fruit Juice and Desserts served on occasion.



**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

1

French Toast Sticks  
Tator Tots  
Sausage Patty  
Fruit, Orange Juice

### Tuesday

2

BBQ on a Bun  
Green Beans  
Fruit  
Pudding Cup

### Wednesday

3

Hot Ham & Cheese on a Bun  
Caesar Salad  
Fruit  
Brownie

### Thursday

4

Corn Dog  
Baked Beans  
Fruit  
Rice Krispy Treat

### Friday

5

No  
School

8

No  
School

9

Chicken Nuggets  
Lettuce Salad w/ Dressing  
Fruit  
Jell-O Cup

10

Beef Tacos  
Cheese, Sour Cream  
Nacho Chips, Salsa  
Corn, Fruit

11

Pretzel w/ Nacho Cheese  
Green Beans  
Fruit  
Fruit Snacks

12

Hot Dog on a Bun  
Raw Carrots & Ranch  
Fruit  
Cookie

15

Orange Chicken & Rice  
Lettuce Salad w/ Dressing  
Fruit  
Brownie

16

Spaghetti w/ Meat Marinara  
Green Beans  
Fruit  
Cheese Stick

17

Chicken Patty on a Bun  
Baked Beans  
Fruit  
Jell-O Cup

18

Cheese Quesadilla  
Corn  
Fruit  
Rice Krispy Treat

19

Hamburger or  
Cheeseburger on a Bun  
Carrots  
Fruit, Fruit Snacks

22

Meatballs  
Mashed Potatoes & Gravy  
Fruit  
Bread & Butter

23

Chicken Cordon Bleu  
Buttered Noodles  
Green Beans  
Fruit

24

Mini Corn Dogs  
Nacho Chips & Cheese  
Peas  
Fruit

25

Pork Riblet on a Bun  
Caesar Salad  
Fruit  
Pudding Cup

26

No  
School

29

Beef Chili  
Texas Toast  
Corn  
Fruit

30

Double Stuffed Pizza  
Lettuce Salad w/ Dressing  
Fruit  
Yogurt

31

BBQ Chicken on a Bun  
Baked Beans  
Fruit  
Jell-O Cup

