



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



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.
Reference: USDA MyPlate

Monday

Hot Dog on a Bun **3**
Carrots
Fruit
Rice Krispy Treat

Tuesday

Beef Chili **4**
Sour Cream, Cheese
Cornbread Muffin
Corn, Fruit

Wednesday

Chicken Quesadilla **5**
Sour Cream, Salsa
Green Beans
Fruit, Jell-O Cup

Thursday

Hamburger or
Cheeseburger on a Bun **6**
Lettuce Salad w/ Dressing
Fruit, Granola Bar

Friday

Chicken Fried Steak **7**
Mashed Potatoes & Gravy
Fruit
Pudding Cup

Chicken Nuggets **10**
Buttered Noodles
Baked Beans
Fruit

Mac-n-Cheese **11**
Green Beans
Fruit
Charlie Brown Pie

Mini Corn Dogs **12**
Nacho Chips & Cheese
Corn, Fruit
Fruit Snacks

Meatball Sandwich **13**
w/ Marinara Sauce
Lettuce Salad & Dressing
Fruit, Gogurt

14
No
School

17
No
School

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

Beef BBQ on a Bun **19**
Green Beans
Fruit
Brownie

Salisbury Steak **20**
Mashed Potatoes & Gravy
Fruit
Rice Krispy Treat

21
Corn Dog
Raw Veggies & Ranch
Fruit
Jell-O Cup

Pretzel Bites **24**
w/ Cheese Sauce
Roasted Broccoli
Fruit, Fruit Snacks

Baked Spaghetti **25**
Texas Toast
Raw Carrots & Ranch
Fruit

French Toast Sticks **26**
Hash brown
Fruit, Yogurt
Orange Juice

Chicken Patty on a Bun **27**
Baked Beans
Fruit
Granola Bar

28
Double Stuffed Pizza
Lettuce Salad w/ Dressing
Fruit
Cookie

