



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



Tuesday



Wednesday



Thursday



Friday



Hot Dog on a Bun
Green Beans
Fruit
Rice Krispy Treat **20**

Turkey & Cheese Wrap
Corn
Fruit
Pudding or Jell-O Cup **21**

Beef Tacos
Nacho Chips, Salsa
Cheese, Sour Cream
Peas
Frozen Fruit Cups **22**

Italian Chicken on a Bun
Caesar Salad
Fruit
Gogurt **23**

Hamburger or
Cheeseburger on a Bun
Carrots
Fruit
Fruit Snacks **24**

Pork Riblet on a Bun
Baked Beans
Fruit
Pudding Cup **27**

Chicken Patty on a Bun
Green Beans
Fruit
Cookie **28**

Mini Corn Dogs
Nacho Chips & Cheese
Corn
Fruit
Fruit Snacks **29**

Sausage, Egg & Cheese
on a Biscuit
Raw Carrots & Ranch
Fruit
Orange Juice **30**

Meatball Sandwich
Marinara Sauce
Lettuce Salad & Dressing
Fruit
Rice Krispy Treat **31**