



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

1

No
School

2

No
School

3

No
School

4

No
School

7

Garlic Breadstick
w/ Meat Marinara
Green Beans
Fruit, Fruit Snacks

8

Hamburger or
Cheeseburger on a Bun
Corn
Fruit, Cookie

9

Beef Chili
Lettuce Salad & Dressing
Fruit
Brownie

10

Corn Dogs
Baked Beans
Fruit
Granola Bar

11

Chicken Patty on a Bun
Carrots
Fruit
Jell-O Cup

14

Hot Dog on a Bun
Raw Carrots & Ranch
Fruit
Pudding Cup

15

Chicken Nuggets
Caesar Salad
Fruit
Rice Krispy Treat

16

Sliced Turkey
Mashed Potatoes & Gravy
Fruit
Granola Bar

17

BBQ on a Bun
Baked Beans
Fruit
Cookie

18

Mac & Cheese
Green Beans
Fruit
Fruit Snacks

21

No
School

22

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

23

Pretzel w/ Cheese Sauce
Green Beans
Fruit
Jell-O Cup

24

Salisbury Steak
Mashed Potatoes & Gravy
Fruit
Texas Toast

25

Italian Chicken on a Bun
Caesar Salad
Fruit
Pudding Cup

28

Pork Riblet on a Bun
Baked Beans
Fruit
Brownie

29

Chicken Cordon Bleu
Lettuce Salad & Dressing
Fruit
Rice Krispy Treat

30

Mini Corn Dogs
Nacho Chips & Cheese
Carrots
Fruit

31

Biscuits & Gravy
Potato Smiles
Fruit
Teddy Grahams

