

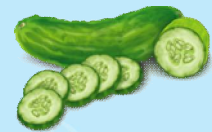


Choice of Low Fat White, Fat Free White or Fat Free Chocolate Milk served daily.

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

Double Stuffed Pizza  
Lettuce Salad w/ Dressing  
Fruit  
Granola Bar

4

Mini Corn Dogs  
Nacho Chips & Cheese  
Green Beans  
Fruit

5

Cheese-filled Breadsticks  
w/ Marinara Sauce  
Carrots  
Fruit, Fruit Snacks

6

Chili Beef  
(Cheese, Sour Cream)  
Texas Toast  
Corn, Fruit

7

Pork Riblet on a Bun  
Baked Beans  
Fruit  
Brownie

1

Meatball Sandwich  
w/ Marinara Sauce  
Lettuce Salad w/ Dressing  
Cheese Stick, Fruit

11

Hot Dog on a Bun  
Curly Fries  
Fruit  
Jell-O Cup

12

Chicken Nuggets  
Baked Beans  
Fruit  
Granola Bar

13

Beef Tacos, Nacho Chips  
(Cheese, Sour Cream, Salsa)  
Green Beans  
Fruit

14

Hot Ham & Cheese  
on a Bun  
Tator Tots  
Fruit, Pudding Cup

8

No  
School

18

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

19

French Toast Sticks  
Sausage  
Tator Tots  
Blueberries, Orange Juice

20

Hamburger or  
Cheeseburger on a Bun  
Baked Beans  
Fruit, Teddy Grahams

21

No  
School

15

Sub Sandwich  
(ham, turkey, cheese)  
Caesar Salad  
Fruit, Brownie

22

Salisbury Steak  
Mashed Potatoes & Gravy  
Cheese Stick  
Fruit, Cookie

25

Chicken Patty on a Bun  
Lettuce Salad w/ Dressing  
Fruit  
Pudding Cup

26

Orange Chicken  
Rice  
Green Beans  
Fruit, Fruit Snack

27

Mini Corn Dogs  
Nacho Chips & Cheese  
Carrots  
Fruit

28

