



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



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday



Tuesday

Wednesday

Thursday

Friday

Corn Dogs
Cheese Stick
Baked Beans
Fruit, Granola Bar

4

Breaded Pork Chop
Caesar Salad
Fruit
Rice Krispy Treat

5

BBQ Pulled Pork on a Bun
Tator Tots
Fruit
Cookie

6

Hot Dog on a Bun
Carrots
Fruit
Fruit Snacks

7

Chicken Nuggets
Green Beans
Fruit
Brownie

8

French Toast Sticks
Tator Tots
Gogurt
Fruit, Orange Juice

11

Hamburger or
Cheeseburger on a Bun
Raw Veggies & Ranch
Fruit, Jell-O Cup

12

Cheese-filled Breadsticks
Marinara Sauce
Green Beans
Fruit, Teddy Grahams

13

Salisbury Steak
Mashed Potatoes & Gravy
Corn Bread
Fruit

14

Chicken Patty on a Bun
Lettuce Salad & Dressing
Fruit
Pudding Cup

15

Pretzel Bites w/
Cheese Sauce
Carrots
Fruit, Fruit Snacks

18

Sweet & Sour Chicken
Rice
Steamed Broccoli
Fruit, Rice Krispy Treat

19

Lasagna Rollups
Marinara Sauce
Lettuce Salad & Dressing
Fruit, Cookie

20

Mini Corn Dogs
Nacho Chips & Cheese Sauce
Baked Beans
Fruit

21

Cheese Quesadilla
Sour Cream, Salsa
Corn
Fruit, Jell-O Cup

22

Baked Spaghetti w/
Meat Marinara Sauce
Green Beans
Fruit, Teddy Grahams

25

Pork Riblet on a Bun
Seasoned Fries
Fruit
Gogurt

26

Beef Chili
Corn Bread
Corn, Fruit
Cheese Stick

27

No
School

28

No
School

29