



School Information: Menu subject to change.



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



1

Chicken Patty with a Bun, French Fries, Corn, Pears & Milk 2

Wednesday

Spaghetti with Meat Sauce, Garlic Bread, Green Beans, Mixed Fruit, & Milk 3

Thursday

Salisbury Steak, Mashed Potatoes, Gravy, Peas, Bread & Butter, Peaches & Milk 4

Friday

Hot Dog with a bun, Sunchips, Carrot Sticks With Ranch, Mandarin Oranges & Milk 5

Cheesy Mac, Green Beans, Bread & Butter, Applesauce & Milk 8

Pancakes, Sausage Links, Dragon Juice, Tri-Tater, Mandarin Oranges & Milk 9

Chicken & Noodles, Mashed Potatoes, Corn, Roll, Pears & Milk 10

Maid-Rite Sandwich, French Fries, Baked Beans, Mixed Fruit & Milk 11

Chicken & Cheese Quesadilla, Salsa, Lettuce, Peaches & Milk 12

15
NO SCHOOL

Chicken Alfredo, Green Beans, Applesauce, Bread & Butter & Milk 16

Dorito Walking Taco, Salsa, Sour Cream, Lettuce, Pumpkin Bars, Mixed Fruit & Milk 17

Honey Mustard Chicken Wrap, Tri-Tater, Corn, Pears & Milk 18

Tenderloin with a Bun Cheez-its, Peas, Mandarin Oranges & Milk 19

Turkey & Ham Sub Sandwich, Sunchips, Lettuce, Pears & Milk 22

Chili Soup, Crackers, Cinnamon Roll, Celery & Peanut Butter, Peaches & Milk 23

Poppin' Chicken Bowl Loaded Mashed Potatoes, Roll, Corn, Gravy, Applesauce & Milk 24

Hamburger with a Bun French Fries, Green Beans, Mixed Fruit & Milk 25

Cheese Pizza Prek-2 Pepperoni OR Cheese Pizza 3-8, Peas, Cookie, Mandarin Oranges & Milk 26

Chicken Nuggets, Rice, Peas, Mixed Fruit, & Milk 29

BBQ Pulled Pork Sandwich, Baked Beans, Heartzels, Pears & Milk 30

Chicken Tetrzzini, Green Beans, Roll, Applesauce & Milk 31

