



Nondiscrimination Statement: This institution is an equal opportunity employer.



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



Chicken Teriyaki Sub
Baked Beans
Coleslaw
Orange Slices
Milk
Jell-O **1**

Popcorn Chicken
Pasta Salad
Superfood Salad
Veggies w/ Hummus
Applesauce Cup
Milk **4**

Taco
Refried Beans
Guacamole
Mandarin Oranges
Milk
Brownie **5**

French Toast Sticks
Sausage Links
Hashbrowns
Veggies w/ Hummus
Mixed Berry Cup
Milk **6**

Chicken Sandwich
Chili Roasted Sweet Potato
Spinach Salad
Pineapple
Milk **7**

BBQ Chicken
Sweet Potato Bread
Carrots w/ Dip
Kiwi
Milk
Pudding **8**

Pizza
Roasted Corn
Side Salad
Mixed Fruit
Milk **11**

Loaded Mac & Cheese
Green Beans
Carrots w/ Dip
Grapes
Milk **12**

Mandarin Orange Chicken
Fried Rice
Edamame
Vegetable Medley
Peach Cup
Milk **13**

Pasta Bake w/ Breadstick
Side Salad
Roasted Cauliflower
Orange Slices
Milk
Sugar Cookie **14**

Deli Sandwiches
Chicken Noodle Soup
Savory Carrots & French Fries
Pineapple
Milk
Ice Cream **15**



Nachos
Spinach Salad
Refried Beans
Mandarin Oranges
Milk **19**

Fish Poppers
Mac & Cheese
Broccoli
Veggies w/ Dip
Grapes
Milk **20**

Honey Glazed Ham w/ Roll
Green Beans
Mashed Potatoes
Applesauce
Milk
Brownie **21**

French Toast Sticks
Sausage Links
Hashbrowns
Carrots w/ Dip
Peach Crisp
Milk **22**

Bagel w/ Vegetable Soup
Veggies w/ Dip
Apple Slices
Milk
Strawberry Parfait **25**

Rondos
Broccoli
French Fries
Mixed Fruit Cup
Milk
Rice Krispy Treat **26**

Hot Dog or Corndog
Carrots w/ Dip
Baked Beans
Pineapple
Milk **27**

Popcorn Chicken
Roll
Chili Roasted Sweet Potato
Lima Beans
Mixed Berry Cup
Milk **28**

