



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



Pizza
Roasted Corn
Mixed Fruit
Milk

7

Tuesday



White Chicken Chili
Pinto Beans & Cheese
Green Beans
Mixed Berry Cup
Milk

8

Wednesday



Mandarin Orange Chicken
Fried Rice
Edamame
Vegetable Medley
Peach Cup
Milk

9

Thursday

Hamburger w/ Trimmings
Sweet Potato Fries
Broccoli
Mixed Fruit
Milk

3

Pasta Bake
Breadstick
Side Salad
Roasted Cauliflower
Orange Slices
Milk

10

Friday

BBQ Chicken
Sweet Potato Bread
Potato Soup
Fruit Cup
Milk
Pudding

4

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

11

Chicken Quesadilla
Black Bean Salsa
Buffalo Roasted Cauliflower
Kiwi
Milk
Chocolate Chip Cookie

14

Nachos
Spinach Salad
Refried Beans
Mandarin Oranges
Milk

15

Fish Poppers
Mac & Cheese
Broccoli
Grapes
Milk

16

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

17

Hamburgers w/ Trimmings
Sweet Potato Fries
Broccoli Salad
Mixed Fruit
Milk

18



21

Rondos
Broccoli
French Fries
Mixed Fruit Cup
Milk
Rice Krispy Treat

22

Hot Dog OR Corndog
Carrots w/ Dip
Baked Beans
Pineapple
Milk

23

Popcorn Chicken
Roll
Chili Roasted Sweet Potato
Lima Beans
Grapes
Milk

24

Chili Three Way
Superfood Salad
Oven Roasted Corn
Fruit Salad
Milk

25

Pizza
French Fries
Spinach Salad
Mixed Fruit
Milk

28

Chicken Tenders
Cornbread
Savory Carrots
Green Beans
Apple Slices
Milk

29

Grilled Cheese
Tomato Soup
Tater Tots
Side Kick
Milk

30

Spaghetti & Meat Sauce
Roasted Cauliflower
Veggies w/ Hummus
Diced Pears
Milk
Sugar Cookie

31

