



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

4

Chicken Tenders
Cornbread
Savory Carrots
Green Beans
Apple Slices
Milk

5

Grilled Cheese
Tomato Soup
Tater Tots
Side Kick
Milk

6

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

7

Chili Three Way
Superfood Salad
Oven Roasted Corn
Fruit Salad
Milk

1

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

11

Taco
Refried Beans
Carrots w/ Dip
Grapes
Milk

12

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

13

Chicken Sandwich
Chili Roasted Sweet Potato
Spinach Salad
Pineapple
Milk

14

No School

15

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

18

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

19

Mandarin Orange Chicken
Fried Rice
Edamame
Vegetable Medley
Peach Cup
Milk

20

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

21

Pizza
Roasted Corn
Side Salad
Mixed Fruit
Milk

22

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

25

Nachos
Spinach Salad
Refried Beans
Mandarin Oranges
Milk

26

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

27

OPENING DAY Hot Dog
Carrots w/ Dip
French Fries
Watermelon Slice
Milk
Carmel Popcorn

28

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

29