



**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