



This institution is an equal opportunity provider.



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

4) Chicken Nuggets
Brown Rice Pilaf
California Mixed Vegetable
Garden Bar, Mixed Fruit
Low fat milk

5) Beef Spaghetti, WG
Garlic Toast, Caesar Salad
Garden Bar
Banana
Low fat milk

6) Fish Sticks (Pollock)
Potato Wedges, Coleslaw
Garden Bar
Peaches
Low fat milk

7) Beef Hot Dog on a Bun
Baked Beans
Garden Bar
Strawberries
Low fat milk

1) Macaroni and Cheese
Smucker's PBJ Sandwich
Steamed Broccoli
Garden Bar, Pears
Low fat milk

8) Cheese Quesadilla
Steamed Corn
Garden Bar
Applesauce
Low fat milk

11) Chicken Teriyaki with
Brown Rice, Broccoli
Garden Bar
Pineapple Tidbits
Low fat milk

12) Chicken Alfredo
WG Breadstick, Caesar
Salad, Garden Bar
Banana
Low fat milk

13) Beef Tacos/ Corn
Tortilla Chips, Refried Beans
Salsa, Cheese, Lettuce
Garden Bar, Pears
Low fat milk

14) Chicken Patty on a Bun
Steamed Carrots
Garden Bar
Apples, Low fat milk

15) Brunch 4 Lunch!!!
French Toast Sticks
Turkey Sausage Patty
Hash Brown Potato
Oranges, Low fat milk

18) Chicken Gravy with
Mashed Potatoes, Butternut
Squash, Garden Bar
Fruit, Low fat milk

19) Hamburger Patty/ Bun
Potato Wedges
Garden Bar, Banana
Low fat milk

20) Chicken Fajita Wrap
Corn Tortilla Chips, Salsa
Garden Bar, Oranges
Low fat milk

21) Chili and Baked Potato
Cheese and Fixings
Garden Bar, Strawberry Cup
Low fat milk

22) WG Pizza Dippers
Marinara Sauce, Broccoli
Garden Bar, Apples
Low fat milk

25) Tater Tot Casserole
Bread, Green Beans
Garden Bar
Applesauce
Low fat milk

26) School-made Lasagna
Caesar Salad, Garlic Toast
Garden Bar
Banana
Low fat milk

27) Meatball Sub, Steamed
Carrots, Garden Bar
Apples
Low fat milk

28) Cheese or Pepperoni
Pizza, Steamed Corn
Garden Bar
Fruit
Low fat milk

29) No School
Teacher Inservice