



School Information:

*LF & Skim milk served with all meals.
Hearty breakfast offered every morning.
Fresh fruit or vegetable available to all students daily.*

USDA & this school are equal opportunity employers.



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.

*Good nutrition and healthy lifestyle choices for our students
Making a difference one bite at a time!*



Monday



No School

2

Tuesday

Raviolis
Green Beans
WG Roll
Fruit

3

Wednesday

Macaroni & Cheese
Fresh Peas
WG Roll
Fruit

4

Thursday

Tomato Soup
Grilled Cheese
Spinach Salad/ Fruit

5

Friday

WG Cheese Pizza
Fresh Salad
Fruit

6

Ham & Egg McMuffin
Roasted Veggies
Fruit

9

Tacos
Salad Bar
WG Rice
Fruit */Where's the Beef Day*

10

American Chop Suey
Green Beans
WG Roll
Fruit

11

Hamburgers
French Fries
Salad/Fruit
*Make your dreams
come true day*

12

WG Pepperoni Pizza
Fresh Salad
Fruit

13

No School

16

Chicken Quesadilla
Corn & Black Bean Salad
Refried Beans
Fruit

17

Meat Loaf
Mashed Potato
WG Roll
Carrots/Fruit

18

Chicken Ranch Wrap
Veggie Sticks
Carrot Cake/Fruit

19

WG Cheese Pizza
Fresh Salad
Fruit

20

Chocolate Chip Pancakes
Sausage
Roasted Veggies
Fruit

23

Creamy Corn Chowder
Cinnamon Roll
Boiled Egg
Cucumbers/Fruit *Belly Laugh Day!*

24

Meatball Subs
Sweet Potato Fries
Fresh Salad/Fruit

25

Ham & Cheese Melt
Pretzels
Veggie Sticks
Apple Crisp

26

No School

27



Cheese Nacho Bar
Broccoli & Cauliflower
Ginger Bread
Fruit

30

Pulled Pork Sandwich
Pickled Beets
French Fries
Fruit

31

Alternates:
1/3-1/6: Tuna Salad sandwich
1/9-1/13: Ham Sandwich
1/17-1/20: Turkey Sandwich
1/23-1/31: Egg Salad Sandwich

