



In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, or disability. Department of Agriculture, Washington D.C. 20250



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



BBQ Rib / Wheat Bun **1**
Northern Beans
Steamed Broccoli
Diced Peaches
Low Fat Milk Choices

Chicken & Cheese Taquitos **2**
Brown Spanish Rice
Tossed Salad
Grapes
Low Fat Milk Choices

No School **3**
School Improvement

Taco Soup / Cheese **8**
Corn Chips / Roll or Bread (Ho)
Baby Carrots
Peaches
Low Fat Milk Choices

Chef Salad **9**
Pears
Celery Sticks w/ Peanut Butter
Bread Stick
Low Fat Milk Choices

Chicken Fried Steak **10**
Potatoes & Gravy
Green Beans
M. Oranges & Pineapple
Oatmeal Roll
Low Fat Milk Choices

Cheese Pizza **15**
Steamed Broccoli
Orange Wedges
Mini Krispie Treat
Low Fat Milk Choices

Turkey Gravy over Potatoes **16**
Green Beans
Wheat Roll / Dressing
Cranberries
Pumpkin Pie w/ Topping
Low Fat Milk Choices

Salisbury Steak **17**
Potatoes & Brown Gravy
Steamed Carrots
Wheat Roll
Pineapple Tidbits
Low Fat Milk Choices

No School **22**

No School **23**

No School **24**

Taco Burger / Wheat Bun **29**
Red Pepper Strips
Mini Krispie Treat
Mixed Fruit
Low Fat Milk Choices

Stromboli **30**
Mashed Potatoes
Fresh Broccoli
Apricot Halves
Low Fat Milk Choices



Cheese burger / Wheat Bun **6**
Baked Beans
Hamburger Flxin's
Tri Tater
Rosy Applesauce
Low Fat Milk Choices

Turkey and Cheese Wrap **7**
Romaine & Tomatoes
Steamed Broccoli
Orange Wedges
Oatmeal Cookie
Low Fat Milk Choices

Hot Ham & Cheese / Bun **13**
Tossed Salad
Fresh Grapes
Tri Tater
Low Fat Milk Choices

Chicken Strip Wrap **14**
Northern Beans
Apple
Baby Carrots
Low Fat Milk Choices

Meatball Sub / Wheat Bun **20**
Tossed Salad
Peas
Applesauce
Low Fat Milk Choices

Corn Dog **21**
Baked Beans
Hash Browns
Fresh Grapes
Low Fat Milk Choices

Chicken Nuggets **27**
Potatoes & Gravy
Green Beans
Wheat Roll / Diced Peaches
Low Fat Milk Choices

Mac & Cheese / Smokies **28**
Baby Carrots
Cucumbers
Apple / Wheat Roll
Low Fat Milk Choices