



School Information: MILK, FRUIT, JUICE, AND SALAD BAR SEVERD DAILY.



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

2

CALZONE
CINNAMON APPLES
CORN

Tuesday

3

CHICKEN TAQUITOS
REFRIED BEANS
SPANISH RICE

Wednesday

4

COUNTRY STEAK
SANDWICH
ROASTED POTATOES

Thursday

5

CHICKEN & BACON WRAP
BAKED BEANS
DESSERT

Friday

6

BBQ MEAT BALLS
MASHED POTATOES
GREAN BEAN CASSEROLE
ROLLS

9

CHICKEN STRIPS
CORN CASSEROLE
MASHED POTATOES
GRAVY

10

CRUNCHY TACOS
PINTO BEANS
RICE

11

LASAGNA
GREEN BEANS
CHEESE BREADSTICKS

12

FISH NUGGETS
FREEDOM FRIES
HUSH PUPPIES

13

POLISH SAUSAGE
CHEESE TATOR TOTS
CORN
DESSERT

16

CHICKEN PARMESAN
MIXED VEGGIES
GARLIC BREAD

17

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

23

BBQ SMOKIES
MAC & CHEESE
CORN
ROLLS

24

SPANISH CHICKEN
RICE
TORTILLA CHIPS
SALSA

25

HAMBURGERS
CHIPS
DESSERT

26

CORN DOG
CHILI CHEESE FRIES

27

ORANGE CHICKEN
RICE
EGG ROLLS
FORTUNE COOKIE

30

TATER TOT CASSEROLE
GREEN BEANS
ROLLS

31

FRITO PIE BAKE
PINTO BEANS

