



**School Information:** JUICE, MILK, AND FRUIT SERVED 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

### Tuesday

### Wednesday

### Thursday

### Friday



CHICKEN  
SPAGHETTI  
CORN  
GARLIC BREAK

1

PIZZA  
CARROTS  
DESSERT

2

BACON  
CHEESEBURGER  
MEATLOAF  
MASHED POTATOES  
ROLLS

3

HAMBURGERS  
RANCH STYLE BEANS  
CURLY FRIES

6

MEXICAN TATOR  
CASSEROLE  
SPANISH RICE  
CORN

7

CHICKEN  
PARMESAN  
MAC & CHEESE  
GREEN BEANS

8

CHILI CHEESE  
DOG  
CHIPS

9

SALSBURY STEAK  
MASHED POTATOES  
GRAVY

10

STEAK SANDWICH  
BROWN GRAVY  
MASHED POTATOES  
CORN

13

FAJITA CHICKEN  
CASSEROLE  
REFRIED BEANS  
CHIPS & SALSA

14

CHILI  
CORNBREAD

15

CHICKEN  
SANDWICH  
CHIPS

16

TURKEY  
DRESSING  
GRAVY  
MASHED POTATOES  
ROLLS

17

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

23

NO SCHOOL

24

CHICKEN FRIED  
STEAK  
MASHED POTATOES  
GREEN BEANS

27

CRUNCH BEEF  
TACO  
MEXICAN RICE  
CHIPS & DIP

28

CHICKEN  
CHEESE HOAGIE  
BAKED BEANS

29

CHILI CHEESE  
BURGER  
FRIES

30

