



\$3.25

Milk or juice served daily with lunch
String Cheese & Gogurt available Daily with lunch



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

French Toast Sticks **4**
Bacon/Sausage
Fruit/Yogurt
Bagel/Cream Cheese

Taco/Tacquito/
Quesadilla **5**
Rice/Beans/Chips
Fruit/Dessert

Spaghetti/Meatball **6**
Green Beans/Fruit
Garlic Toast
Dessert

Hamburger/Hot Dog **7**
Baked Beans
Chips/Fries
Fruit/Dessert

Pizza **1**
Salad
Fruit
Dessert

Waffles **11**
Bacon/Sausage
Fruit/Yogurt
Bagel/Cream Cheese

Taco/Tacquito/
Quesadilla **12**
Rice/Beans/Chips
Fruit/Dessert

Chicken Strips **13**
Mac & Cheese
Green Beans/Fruit
Dessert

Hamburger/Hot Dog **14**
Baked Beans
Chips/Fries
Fruit/Dessert

Pizza **8**
Salad
Fruit
Dessert

No School **18**

Taco/Tacquito/
Quesadilla **19**
Rice/Beans/Chips
Fruit/Dessert

Orange Chicken **20**
Rice/Green Beans
Fruit/ Dessert

Hamburger/Hot Dog **21**
Baked Beans
Chips/Fries
Fruit/Dessert

Pizza **15**
Salad
Fruit
Dessert

Pancakes **25**
Bacon/Sausage
Fruit/Yogurt
Bagel/Cream Cheese

Taco/Tacquito/
Quesadilla **26**
Rice/Beans/Chips
Fruit/Dessert

Spaghetti/Meatball **27**
Green Beans/Fruit
Garlic Toast
Dessert

Hamburger/Hot Dog **28**
Baked Beans
Chips/Fries
Fruit/Dessert

Pizza **22**
Salad
Fruit
Dessert

