#### Ackenzie Wednesday Monday Tuesday Thursday 3 Charter Brd Mtg @ 5:30 **Donut Day** Beef & Bean Nachos Chili & Corn Bread Chicken Alfredo Chicken Sandwich Bean & Cheese Burrito Cheese Pizza Chicken Nuggets & Roll Cheese Burger Chicken Fajitas Buffalo Chicken Wrap Chefs Choice Sandwich 12 10 Mac & Cheese Beef & Bean Nachos Ham & Cheese "NO PEEKIE" Spaghetti & Meatballs Bean & Cheese Burrito Yum Bowls Chicken Nuggets Cheese Burgers Tacos Cheese Pizza Chefs Choice Sandwich 17 18 School Board Mtg @ 5:30 Creamy Chicken Noodle Beef & Bean Nachos Meatloaf & Green Beans BBQ Pulled Pork Sandwich Bean & Cheese Burrito Soup w/ Roll Mashed Potatoes & Roll Cheese Burger Cheese Quesadillas Chicken Caesar Wraps Chefs Choice Sandwich Chicken Nuggets & Roll Cheese Pizza Tater Tot Casserole Beef & Bean Nachos Cheese Pizza Bean & Cheese Burrito Yum Bowls Chicken Fajitas

Vegetarian options available daily

# LARGE FRESH SALAD BAR, FRUIT, NF CHOCOLATE, 1% WHITE MILK SERVED DAILY

"This institution is an equal opportunity provider"

~Menu is subject to change~

# All K-12 students eat breakfast and lunch FREE!

# Breakfast Served Daily Before School @ 7:45

Mon~ WG Pancakes

Tues~ Breakfast Sandwich

Wed~ WG French Toast

Thur ~WG Biscuit s & Gravy

### Served Daily

Bagel & Yogurts

Cereal, Fruit, Juice,

NF Chocolate & 1% White Milk

## C.A.T.C.H. TIP

Research shows that most babies and young children need to try something new seven to ten times before they like it. So don't be afraid to introduce children to new or more exotic tastes.

A good tactic to get kids to eat a wide variety of foods is to tell them that tasting new things is a sign they're growing up. Or, take them shopping and let them choose a new, healthy food to serve at home with something they already like.