



School Information: Variety Vegetable and Fruit Bar offered Daily
Light Italian, ranch, & French Dressing
Ketchup, Mayo, and Yellow Mustard, 1 % White and Fat Free Chocolate



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.
This institution is an Equal Opportunity Employer



Monday



Tuesday



Wednesday

Thursday

Friday

4

5
Popcorn Chicken
Carrot Bites/Celery Bites
Fresh Fruit
Choice of Milk

6
Lasagna (Cheese)
Garlic Bread
Garden Salad
Fresh Fruit
Choice of Milk

7
Cheese Pizza Slice
WG Crust
Green/Red Peppers/Hummus
Fresh Fruit
Choice of Milk

8
Mini Corn Dog
Carrot Sticks
Fresh Fruit
Choice of Milk

Chocolate Chip French
Toast
Hash Brown
Fresh Fruit
Choice of Milk
String Cheese/Syrup

11
WG Cheesy Bread
Marinara/Broccoli Bites
Choice of Milk
Fresh Fruit

12
BBQ Pulled Chicken Sl
Garden Salad
Fresh Fruit
Choice of Milk

13
Beef Hot Dog
Glazed Carrots/Celery Bites
Fresh Fruit
WG Bun /Choice of Milk

14
Cheese Pizza Slice
WG Crust
Green/Red Peppers/Hummus
Fresh Fruit
Choice of Milk

15
Walking Taco (Beef)
Salsa/Black Beans
WG Tortilla
Fresh Fruit
Choice of Milk

18
Cheese Burger
Green Beans/Cauliflower
Fresh Fruit
WG Bun
Choice of Milk

19
BBQ Chicken
Rosemary Potatoes and
Pepper
Fresh Fruit
Choice of Milk
WG Dinner Roll

20
Cheese Pizza Slice
WG Crust
Green/Red Peppers/Hummus
Fresh Fruit
Choice of Milk

21

22

25

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29