



School Information: Menu subject to change.



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

BBQ Redi Rib, French Fries, Baked Beans, Mixed Fruit & Milk **4**

Au Gratin Potatoes With Ham, Green Beans, Bread & Butter, Applesauce & Milk **5**

PB&J Uncrustable, Heartzels, Carrots with Ranch, Pears & Milk **6**

Chicken Alfredo, Garlic Bread, Peas, Peaches & Milk **7**

Chicken Nuggets, Macaroni & Cheese, Peas, Pears & Milk **1**

Bosco Sticks with Marinara Sauce, Corn, Mandarin Oranges & Milk **8**

Hotdog on a bun, Sunchips, Carrots with Ranch, Pears & Milk **11**

Spaghetti with Meat Sauce, Green Beans, Garlic Bread, Peaches & Milk **12**

Nacho Supreme, Sour Cream, Salsa, Lettuce, Mixed Fruit, Pumpkin Bar & Milk **13**

Chicken Patty on a Bun, Tri-Tater, Peas, Pineapple & Milk **14**

Cheese Pizza, Corn, Applesauce & Milk **15**

Hamburger on a Bun, Cheez-its, Baked Beans, Mixed Fruit & Milk **18**

Biscuits & Sausage Gravy, Tri-Tater, Dragon Juice, Mandarin Oranges & Milk **19**

Beef Ravioli, Green Beans, Breadstick, Applesauce & Milk **20**

Deli Turkey & Cheese Sandwich, French Fries, Lettuce, Pears & Milk **21**

Cheese Quesadilla, Chips & Salsa, Corn, Pineapple & Milk **22**

Meatball Sub Sandwich, Heartzels, Baked Beans, Peaches & Milk **25**

Chicken & Cheese Burrito, Refried Beans, Corn, Mandarin Oranges & Milk **26**

Ham, Mashed Potatoes, Gravy, Roll, Green Beans, Pears & Milk **27**

Sloppy Joe on a Bun, French Fries, Carrots, Mixed Fruit & Milk **28**

Fish Sticks, Macaroni & Cheese, Peas, Apple crisp & Milk **29**