



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



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

Pop Corn Chicken **1**
 Carrot Bites
 Fresh Fruit
 WG Bun
 Choice of Milk

Chicken Sandwich **2**
 Golden Fries
 Fresh Fruit
 WG Bun
 Choice of Milk

Chicken Fajita **3**
 Beans and Corn/ Salsa
 Fresh Fruit
 Choice of Milk /WG Shell

Cheese Pizza Slice **4**
 WG Crust
 Green/Red Peppers/Hummus
 Fresh Fruit
 Choice of Milk

Pancakes/Cereal, Go gurt, **5**
 String Cheese
 Celery Bites
 Fresh Fruit
 Choice of Milk

BBQ Burger **8**
 Tatar Tots/Carrots
 Fresh Fruit
 WG Bun
 Choice of Milk

Cheese Cajun Pasta **9**
 Tuscan Blend
 Choice of Milk
 Fresh Fruit
 WG Breeding

Baked BBQ Chicken **10**
 Whipped Potato/Green Bean
 Fresh Fruit
 WG Bun
 Choice of Milk

Cheese Pizza Slice **11**
 WG Crust
 Green/Red Peppers/Hummus
 Fresh Fruit
 Choice of Milk

Chicken Strips **12**
 Cucumber Bites
 Choice of Milk
 Fresh Fruit
 WG Breeding

Corn Dog **15**
 Glazed Carrot
 Fresh Fruit
 Choice of Milk
 WG Breeding

Cheese Penne Pasta **16**
 WG Garlic Bread
 Garden Salad/Tomato
 Cucumber Salad
 Fresh Fruit /Choice of Milk

Cheese Pizza Slice **17**
 WG Crust
 Green Pepper/Hummus
 Fresh Fruit
 Choice of Milk

18

19

BBQ Beef Hot Dog **22**
 Corn/Bake Beans
 Fresh Fruit
 Choice of Milk/ WG Bun

BBQ Pulled Chicken Slider **23**
 Cole Slaw/Carrot sticks
 Fresh Fruit
 Choice of Milk/ WG Bun

Beef Spaghetti **24**
 Garden Salad
 Garlic Bread
 Fresh Fruit/Choice of Milk

Cheese Pizza Slice **25**
 WG Crust
 Green/Red Peppers/Hummus
 Fresh Fruit
 Choice of Milk

WG Apple Cinn Texas Toast **26**
 String Cheese
 Celery/Cucumbers
 Fresh Fruit
 Choice of Milk

Sloppy Joe **29**
 Buttery Corn on the
 cob/Cucumbers
 Fresh Fruit
 Choice of Milk/WG Bun

Mac & Cheese **30**
 Sweet Peas
 Fresh Fruit
 Choice of Milk
 WG Pasta

