



**School Information:** . Extra milk & ice cream \$.70, Chef Salad w/ Tuna offered every Monday, Fruit Salad w/ Yogurt & Chef Salad offered daily



**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

Pizza Sticks w Dip **2**  
Romaine Garden Salad  
Green Peas, Baby Carrots w/Ranch, Fresh Orange or Juice or Peach Slices / Milk

Baked Spaghetti, Bread **9**  
Sticks, Romaine Salad, Corn, Baby Carrots, Fresh Orange, or Juice or Mixed Fruit / Milk

Corn Dog Nuggets w/Dip **16**  
Mashed Potatoes. Blackeye Peas, Bread Sticks, Fresh Apple, Juice or Fruit, Milk

Pizza Sticks w Dip **23**  
Romaine Garden Salad  
Green Peas, Baby Carrots w/Ranch, Fresh Orange or Juice or Peach Slices / Milk

Deli Turkey & Cheese on **30**  
Bun, Lettuce & Slice Tomato, Pickles, Fries, Green Peas, Fresh Oranges or Select Fruit or Juice / Milk

### Tuesday

Chicken Alfredo, Dinner **3**  
Roll, Broccoli, Candied Yams, Fresh Apple slices, Juice or Select Fruit / Milk

Deli Turkey & Cheese on **10**  
Bun, Lettuce & Slice Tomato, Pickles, Fries, Green Peas, Fresh Oranges or Select Fruit or Juice / Milk

Cheese burger on Bun, **17**  
Fries, Lettuce & Pickle Chips, Baked Beans, Baby Carrots / Fresh Oranges or Select Fruit or Juice / Milk

Chicken Alfredo, Dinner **24**  
Roll, Broccoli, Candied Yams, Fresh Apple slices, Juice or Select Fruit / Milk

Baked Spaghetti, Bread **31**  
Sticks, Romaine Salad, Corn, Baby Carrots, Fresh Orange, or Juice or Mixed Fruit / Milk

### Wednesday

Hot Dog on Bun w/ chili **4**  
French Fries,  
Bake Beans / Fresh Banana or Diced Peaches or Juice / Milk

Chicken Nuggets w Dip, **11**  
Mash Potatoes, Rolls, Glazed Carrots, Fresh Orange or Juice or Mixed Fruit, Milk

Taco Salad with Lettuce, **18**  
Cheese , Salsa, Taco Chips & Corn, Beans, Broccoli, Fresh Apple slices or Juice or Diced Pears / Milk

Hot Dog on Bun w/ chili **25**  
French Fries,  
Bake Beans / Fresh Banana or Diced Peaches or Juice / Milk



### Thursday

Baked Chicken/Rice& **5**  
Gravy, Dinner Roll, Spinach, Corn, Fresh Apple slices, Juice or Diced Pears / Milk

Chicken & Broccoli **12**  
Casserole, w Rice, Spinach Dinner Roll, Fresh Apple slices, Juice or Select Fruit / Milk

Stir Fry. Rice, w/Bread **19**  
Sticks, Yams, Romaine Salad, Fresh Fruit, Juice or Pineapple Chunks / Milk

Baked Chicken/Rice& **26**  
Gravy, Dinner Roll, Spinach, Corn, Fresh Apple slices, Juice or Diced Pears / Milk

### Friday

Sloppy Joe on Bun **6**  
Romaine Garden Salad, French Fries, Beans, Orange, Select Fruit or Juice / Milk

Baked Chick on bun **13**  
Baked Beans, French Fries, Baby Carrots / Fresh Apple slices or Juice or Select Fruit / Milk

Pizza / Garden Salad **20**  
w/ Romaine,  
Green Peas/ Baby Carrots, Fresh Orange or Juice or Select Fruit / Milk

Sloppy Joe on Bun **27**  
Romaine Garden Salad, French Fries, Beans, Orange, Select Fruit or Juice / Milk

