



Milk Options: 1%, Skim, Skim Chocolate
Lactose reduced milk provided on written request



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

Pepperoni Pizza OR
 Cheese Pizza **2**
 Whole Kernel Corn, lettuce,
 Peach Sauce,
 Apple

Cheese Bread OR
 Max Cheese Sticks **3**
 Italian Dunker Mixture, Sliced
 Carrots, Broccoli, Diced Pears,
 Orange Wedges

Crispy Chicken Nuggets **4**
 OR Mini Corn Dogs
 Dinner Roll
 Mashed Potatoes, Carrot Sticks,
 Pineapple Tidbits, Red Grapes

Tator Tot Hot Dish with **5**
 Dinner Roll OR Italian Sub
 Sandwich
 Celery Sticks, Apple Sauce,
 Kiwi

Soft Shell Taco OR **6**
 Cheese Quesadilla
 Refried Beans, Lettuce,
 Tomatoes, Fruit Variety

Hamburger Patty on Bun **9**
 OR BBQ McRib on Bun
 Baked Beans, Potato Rounds,
 Mixed Fruit, Orange Wedges

Sliced Ham OR **10**
 Meat Loaf
 Dinner Roll, Au Gratin Potatoes,
 Carrot Sticks, Pear Sauce,
 Grapes

Stuff Crust Pizza OR **11**
 Chicken Wrap
 Green Beans, Sliced Peppers,
 Tomatoes, Pineapple Tidbits,
 Kiwi

Spaghetti & Meat Sauce **12**
 with Breadstick OR
 Italian Sub Sandwich,
 Lettuce Salad, Whole Kernel
 Corn, Peach Sauce, Apple

Hot Ham & Cheese on Bun **13**
 OR Cheesy French Bread
 Pizza
 Vegetable Variety
 Fruit Variety

Crispy Chicken Strips OR **16**
 Salisbury Steak,
 Dinner Roll,
 Mashed Potatoes, Broccoli,
 Peach Sauce, Grapes

Toasted Cheese Sandwich **17**
 OR Hot Dog on Bun
 Chili, Crackers, Carrot &
 Celery Sticks, Diced Pears,
 Orange Wedges

Pizza Burger on Bun OR **18**
 Crispy Chicken Patty on Bun
 Vegetable Variety
 Fruit Variety

NO SCHOOL **19**

NO SCHOOL **20**

Whole Grain Waffle OR **23**
 Whole Wheat Pancake
 Ham Patty, Hash Brown Potato,
 Tomato Juice, Strawberry
 Sauce, Mandarin Oranges

Shrimp Poppers OR **24**
 Teriyaki Chicken, Dinner
 Roll, Caesar Salad, Carrot
 Sticks, Pineapple Tidbits,
 Apple

Philly Cheese Steak **25**
 Hoagie OR BBQ McRib on
 Bun, Green Beans,
 Sliced Peppers, Onions,
 Mixed Fruit, Orange Wedges

Lasagna Or Chef Salad **26**
 Bread Stick, Peas,
 Cauliflower, Apple Sauce,
 Kiwi

Taco in a Bag OR **27**
 Cheese Quesadilla
 Shredded Lettuce, Tomatoes,
 Refried Beans, Salsa, Fruit
 Variety

Sloppy Joe on Bun OR **30**
 Grilled Chicken Patty on
 Bun
 Frozen Mixed Vegetables,
 Carrot Sticks, Pear Sauce,
 Grapes

Hamburger on Bun OR **31**
 Hot Dog on Bun
 Potato Rounds, Celery Sticks,
 Peach Sauce, Orange Wedges,
 Ice Cream Bar

