



Daily milk servings are **Chocolate Fat Free, White 1% & Skim**. All foods offered are free of **Trans fats** and meet the **NSLP guidelines** for a healthy school lunch.



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



Turkey Fritter
Mashed Potato & Gravy **1**
Baby Carrots & Dip
Rice Crispie Treat
Applesauce

Hot Dog on Bun **2**
Corn
Broccoli & Dip
Cheese Puffs
Peaches

Hamburger on Bun **5**
Tomato Slices
French Fries
Applesauce

Spaghetti w/Meat Sauce **6**
Garlic Round
Green Beans
Carrots & Dip
Mixed Fruit

KFC Bowl **7**
Dinner Roll
Strawberry Cup

Turkey BLT Flatbread **8**
Baked Beans
Celery & Dip
Pineapple

French Bread Pizza **9**
Romaine Lettuce Salad
Tomato Slices
Broccoli & Dip
Pears

Chicken Noodle Casserole **12**
Romaine Lettuce Salad
Cucumber Slices
Corn Muffin
Mixed Fruit

Breaded Chix Pattie on Bun **13**
Carrots
Peas
Apple

Ribette on Bun **14**
Baked Beans
Broccoli & Dip
Fruit Slush

Nacho Supreme **15**
Salsa
Green Beans
Rice Crispie Treat
Peaches

NO SCHOOL **16**

NO SCHOOL **19**

Salisbury Steak **20**
Mashed Potato & Gravy
Carrots & Dip
Breadstick
Peaches

Chicken Taco **21**
Refried Beans
Salsa
Green Beans
Pears

Cheeseburger on Bun **22**
Tomato Slices
Baked Beans
Fruit Slush

Bosco Sticks **23**
Spaghetti Sauce
Romaine Lettuce Salad
Corn
Apple Slices

Pretzel w/Cheese **26**
Diced Ham
Steamed Broccoli
Baked Beans
Pears

Sloppy Joe on Bun **27**
French Fries
Baby Carrots & Dip
Peaches

Chili & Crackers **28**
Corn
Celery & Dip
Applesauce
Chocolate Chip Cookie

