



Daily milk servings are **Chocolate 1%, White & Skim**. All food offerings 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

1

**WINTER  
BREAK**

2

**WINTER  
BREAK**

3

Taco Max Snax  
Chips w/Salsa  
Green Beans  
Mixed Fruit

4

Turkey Fritter  
Mashed Potato & Gravy  
Carrots  
Rice Krispie Treat  
Applesauce

5

Hot Dog on Bun  
Baked Beans  
Broccoli Florets & Dip  
Cheese Puffs  
Peaches

8

Hamburger on Bun  
Tomato Slices  
French Fries  
Applesauce

9

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

10

KFC Bowl  
Dinner Roll  
Strawberry Cup

11

Turkey BLT Flatbread  
Baked Beans  
Celery & Dip  
Pineapple

12

French Bread Pizza  
Romaine Salad/Tomato Slices  
Broccoli & Dip  
Mandarin Oranges

15

**NO  
SCHOOL**

16

Sub Sandwich  
Romaine Salad  
Tomato Wedges  
Green Beans  
Pears

17

Corn Dog  
Baked Beans  
Carrots & Dip  
Fruit Slushie

18

French Toast Stick  
Ham Slice  
Potato Rounds  
Pineapple Tidbits

19

Chicken Strips  
Sweet Potato Fries  
Broccoli & Dip  
Corn Muffin  
Mandarin Oranges

22

Breaded Chix Pattie on Bun  
Carrots  
Peas  
Apple

23

Ribette on Hoagie Bun  
Baked Beans  
Celery, Carrots & Dip  
Pears

24

Chicken Nuggets  
Mashed Potato & Gravy  
Steamed Broccoli  
Trix Bar  
Mixed Fruit

25

Ham on a Pretzel Bun  
Tomato Slices  
Green Beans  
Peaches

26

**NO  
SCHOOL**

29

Sloppy Joe on Bun  
Potato Wedges  
Carrots & Dip  
Peaches

30

Nacho Supreme  
Salsa  
Green Beans  
Rice Krispie Treat

31

Chicken N' Waffles  
Baked Beans  
Celery & Dip  
Applesauce

