



Daily milk offerings: Fat Free flavored, White 1% & Skim. All foods are free of Trans Fats and meet the requirements of the NSLP for a healthy school lunch. Salad Bar is offered daily in place of hot 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



Pizza Slice
Steamed Broccoli
Green Beans
Fruit Slushie

4

Tuesday

Sloppy Joe on a Roll
Baked Beans
Tater Tots
Pears

5

Wednesday

Chili con Carne/Crackers
Sweet Potato Fries
Celery Sticks
Chocolate Chip Cookie
Applesauce

6

Thursday

Salisbury Steak
Mashed Potato & Gravy
Baby Carrots
Dinner Roll
Mixed Fruit

7

Friday

Pretzel & Cheese
Ham
Baked Beans
Steamed Broccoli
Pears

1

Taco Max Snax
Corn
Tortilla Chips & Salsa
Pineapple

8

Turkey & Dressing Bowl
Steamed Broccoli
Celery Sticks
Peaches

11

Breaded Chicken Pattie
on Bun
Carrots & Peas
Chips
Apple

12

Ribette on Bun
Baked Beans
Corn
Green Beans
Pears

13

Chicken Nuggets
Mashed Potato & Gravy
Baby Carrots
Breadstick
Applesauce

14

**NO
SCHOOL**

15

**NO
SCHOOL**

18

Spaghetti & Meat Sauce
Garlic Round
Carrots
Mixed Fruit

19

KFC Bowl
Breadstick
Apple

20

Breaded Ravioli
Spaghetti Sauce
Mozzarella Cheese Stick
Baked Beans
Fruit Slushie

21

BBQ Chicken on Bun
Steamed Broccoli
Green Beans
Pears

22

Grilled Cheese
Yogurt
Tomato Soup & Crackers
Baked Beans
Mixed Fruit

25

Chicken Strips
French Fries
Steamed Broccoli
Breadstick
Pears

26

Bosco Sticks
Spaghetti Sauce
Green Beans
Peaches

27

Chicken Filet on Bun
Mashed Potato & Gravy
Carrots
Applesauce

28

