



Milk offerings daily are Fat Free Flavored, 1% White & Skim. All foods are free of Trans Fats & and meet the NSLP guidelines for a healthy school lunch. Salad Bar may be chosen instead 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

### Tuesday

### Wednesday

### Thursday

### Friday



Breaded Chicken Pattie on Bun  
Carrots & Peas  
Grapes  
**SALAD BAR** 5

Ribette on Bun  
Baked Beans  
Carrots & Celery  
Pears  
**SALAD BAR** 6

Chicken Nuggets  
Potato Rounds  
Steamed Broccoli  
Trix Cereal Bar  
Mixed Fruit  
**SALAD BAR** 7

Grilled Cheese Sandwich  
Tomato Soup w/Crackers  
Green Beans  
Mixed Fruit  
Salad Bar 1

Grilled Chicken Breast on Bun  
Baked Beans  
Peas  
Peaches  
**SALAD BAR** 2

Hot Dog on bun  
Baked Beans  
Baby Carrot  
Fruit Slushie  
**SALAD BAR** 12

Pizza Square  
Carrots  
Green Beans  
Pears  
**SALAD BAR** 13

Chicken Strip Wrap  
Lettuce & Tomato  
Steamed Broccoli  
Peaches  
**SALAD BAR** 14

French Toast Stick  
Sausage Pattie  
Tater Tots  
Mixed Fruit  
**SALAD BAR** 15

Soft Shell Taco  
Refried Beans/Salsa  
Corn  
Applesauce  
**SALAD BAR** 16

Sausage Egg Cheese Biscuit  
Potato Rounds  
Baked Beans  
Peach Cup  
**SALAD BAR** 19

**NO SCHOOL** 20

**NO SCHOOL** 21

**NO SCHOOL** 22

**NO SCHOOL** 23

Hamburger on Bun  
French Fries  
Baked Beans  
Orange Sorbet  
**SALAD BAR** 26

Spaghetti w/Meat Sauce  
Garlic Round  
Green Beans  
Pears  
**SALAD BAR** 27

Sub Sandwich  
Tomato & Cucumber Slices  
Carrots  
Chips  
Applesauce  
**SALAD BAR** 28

Turkey Fritter  
Mashed Potato & Gravy  
Celery Sticks  
Rice Crispie Treat  
Mixed Fruit  
**SALAD BAR** 29

French Bread Pizza  
Romaine Salad  
Cucumber Slices  
Peaches  
**SALAD BAR** 30