



**School Information: Salad and Fruit Bar, Second Entrée and P&J offered Daily..**



**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.  
**THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER**



### Monday

Buffalo Boneless Wings **1**  
 Celery Sticks  
 Carrot Bites  
 WG Breading  
 Choice of Milk  
 Applesauce

**8**

WG Cheesy Bread **15**  
 Green Beans  
 Marinara  
 Choice of Milk  
 Fresh Fruit

Cheese Burger **22**  
 Onion Rings/Broccoli Bites  
 WG Bun  
 Choice of Milk  
 Fresh Fruit

Popcorn Chicken **29**  
 Oven Fries/Broccoli  
 Choice of Milk  
 Fresh Fruit

### Tuesday

Chicken Alfredo **2**  
 WG Noodles  
 Choice of Milk  
 Fresh Fruit

**9**

Beef Spaghetti **16**  
 Garden Salad  
 WG Garlic Bread  
 Choice of Milk

Baked Ziti **23**  
 California Blend  
 WG Garlic Bread  
 Fresh Fruit  
 Choice of Milk

Taco Pasta **30**  
 Side Salad  
 WG Garlic Bread  
 Choice of Milk

### Wednesday

Mac & Cheese **3**  
 WG Noodles  
 California Blend  
 (Broccoli/Cauliflower/Carrots)  
 Choice of Milk  
 Fresh Fruit

**10**

WG Corn Dog **17**  
 Carrot Bites  
 WG Breading  
 Choice of Milk  
 Fresh Fruit

Chicken Taco **24**  
 Shredded Lettuce/SALSA  
 Fresh Fruit  
 Choice of Milk  
 Corn and Black Beans

Nacho Supreme (chicken) **31**  
 Shredded Lettuce/SALSA  
 Fresh Fruit  
 Choice of Milk  
 Cauliflower/Celery Bites

### Thursday

Pepperoni Pizza Slice **4**  
 Flavored Hummus  
 Red Bell Peppers  
 WG Crust  
 Choice of Milk  
 Fresh Fruit

**11**

Pepperoni Pizza Slice **18**  
 Flavored Hummus  
 Red Bell Peppers  
 WG Crust  
 Choice of Milk  
 Fresh Fruit

Cheese Pizza Slice **25**  
 WG Crust  
 Choice of Milk  
 Fresh Fruit  
 Red Bell Peppers  
 Hummus

### Friday

Chicken Sandwich **5**  
 Broccoli Bites  
 WG Bun  
 Choice of Milk  
 Fresh Fruit

Walking Taco (Beef) **12**  
 Shredded Lettuce/SALSA  
 Fresh Fruit  
 Choice of Milk  
 Cauliflower/Celery Bites

Cheesy Bosco Stick **19**  
 Broccoli Bites/  
 Fresh Fruit  
 Choice of Milk

Chicken Strips **26**  
 Celery/Carrot Bites  
 Choice of Milk  
 Fresh Fruit

