



School Information: Milk, PB&J, Fruit, Salad Bar 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.



Monday

Tuesday

Wednesday

Thursday

Friday



Pizza Slice
Hummus
Green Bell Pepper

1

Popcorn Chicken
Celery Bites

2

Hamburger
Cauliflower Bites

5

Cheese Bread
Tomato Marinara
Carrots

6

Cheese Enchiladas
Greek Salad
(Feta/Olives/Tomatoes/Spinach)

7

Pizza Slice
Hummus
Red Bell Pepper

8

Grilled Cheese
Broccoli Cheese Soup

9

Chicken Taco
Cheese/Lettuce/Salsa
Roasted Corn & Beans

12

Cinnamon Texas Toast
Oval Hash Browns
Turkey Sausage

13

Mac & Cheese
Veggie Blend
(Red Bell Peppers, Broccoli, Carrots)

14

Pizza Slice
Hummus
Green Bell Pepper

15



Beef Hot Dog
Sliced Cucumber
Baked Beans

20

Grilled Chicken
Garlic Potatoes
Sweet Peas
Dinner roll

21

Pizza Slice
Hummus
Red Bell Pepper

22

Chicken Sandwich
Carrot Bites

23

Chicken Strip
Celery
Onion Rings

26

Beef Mostaccioli
Artesian Blend
(Cauliflower/ Broccoli/ Carrots)
Garlic Bread

27

Orange Chicken
Rice
Fresh Salad
(Spinach/Carrots/ Cucumbers)

28

