



SERVED DAILY: GARDEN SALAD, FRESH FRUIT  
 MILK: 1%, CHOCOLATE, STRAWBERRY  
 GRAB & GO: SPECIALITY SALADS,  
 SOY BUTTER JAMWICH W/CHEESE IT'S &  
 CHEESE STICK, SANDWICHES/WRAPS W/CHIPS



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



### Monday

**MEALS  
 SUBJECT  
 TO CHANGE**

### Tuesday

### Wednesday

### Thursday

### Friday

ROAST BEEF SUB W/  
 JUS  
 CORN DOG NUGGETS  
 CORN ON COB  
 GREAT NORTHERN BEANS  
 MILK

MEATLOAF  
 CHICKEN FILLET  
 MASHED POTATOES  
 GREEN PEAS  
 MACARONI SALAD  
 ROLL / MILK

CHICKEN PARMESIAN  
 BEEF & SPANISH RICE  
 BAKED POTATO  
 TURNIP GREENS  
 BREAD  
 MILK

CHICKEN STIR FRY  
 PORK ROAST  
 RICE PILAF  
 CALIFORNIA BLEND  
 ROLL  
 MILK

CHICKEN SANDWICH  
 FISH STICKS / ROLL  
 SWEET POTATO WEDGES  
 PEAS & CARROTS  
 MILKH

IN-SERVICE DAY

B.Q. CHICKEN / ROLL  
 MEATBALL SUB  
 HASHBROWN POTATOES  
 GREEN PEAS  
 SPAGHETTI SALAD (COLD)  
 MILK

TACO SALAD /  
 BREADSTICK  
 CHICKEN FIJITA / TORTILLA  
 SWEET YELLOW CORN  
 PINTO BEANS  
 MILK

**SENIOR LUNCHEON**  
 CHICKEN FILLET  
 TURKEY ROAST  
 MASHED POTATOES  
 GREEN BEANS  
 STEAMED CARROTS  
 ROLL / BROWNIES / MILK

PIZZA – CHEESE  
 OR PEPPERONI  
 ROASTED BABY  
 POTATOES  
 STEAMED BROCCOLI  
 MILK

CALL DINING HALL  
 FOR MENU

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**RETIREMENT  
 DINNER**

LAST DAY FOR STUDENTS

