



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



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



BEEF & MACARONI
 TACO'S
 SWEET YELLOW CORN
 REFRIED BEANS
 BREADSTICK / MILK

SLOPPY JOE'S ON BUN
 CHICKEN NUGGETS / ROLL
 ROASTED POTATOES
 MIXED VEGETABLES
 MILK

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

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

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

CHICKEN STIR FRY
 BEEF ROAST
 RICE PILAF
 CALIFORNIA BLEND
 ROLL
 MILK

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

HAMBURGER ON BUN
 HOT DOG ON BUN
 FRENCH FRIES
 CALIFORNIA BLEND
 MILK

B,Q CHICKEN / ROLL
 MEATBALL SUB
 HASHBROWN POTATOES
 STEAMED CARROTS
 SPAGHETTI SALAD (COLD)
 MILK

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

SPAGHETTI
 CHICKEN FRIES
 CORN ON COB
 SPINACH
 GARLIC BREAD
 MILK

PIZZA – CHEESE OR PEPPERONI
 OVEN FRIED FISH TACO
 ROASTED BABY POTATOES
 STEAMED BROCCOLI
 MILK

B.Q. SANDWICH
 POPCORN CHICKEN / ROLL
 POTATO WEDGES
 SPINACH
 MILK

CHEESY NACHOS
 CHICKEN & NOODLES
 BROCCOLI BITES
 STEAMED CARROTS
 BREAD
 MILK

OVEN ROASTED CHICKEN
 GRILLED PORK CHOP
 SWEET POTATO CASSEROLE
 GREEN BEANS
 MACARONI SALAD
 ROLL / MILK

BEEF & MACARONI
 TACO'S
 SWEET YELLOW CORN
 REFRIED BEANS
 BREADSTICK / MILK

IN-SERVICE DAY

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

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

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

