



SERVED DAILY: GARDEN SALAD, FRESH FRUIT
MILK: 1%, SKIM, CHOCOLATE, STRAWBERRY
GRAB & GO: SPECIALITY SALADS,
SANDWICHES/WRAPS 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

ROAST BEEF SUB
 CORN DOG NUGGETS
 CORN ON COB
 WHITE BEANS
 MILK

2

MEATLOAF
 CHICKEN FILLET
 MASHED POTATOES
 GREEN PEAS
 ROLL
 MACARONI SALAD
 MILK

3

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

4

CHICKEN STIR FRY
 BEEF ROAST
 RICE
 CALIFORNIA BLEND
 ROLL
 MILK

5

CHICKEN SANDWICH
 FISH STICKS / ROLL
 SWEET POTATO FRIES
 MIXED VEGETABLES
 COLESLAW
 MILK

6

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

9

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

10

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

11

SPAGHETTI
 CHICKEN FRIES
 CORN ON COB
 SPINACH
 GARLIC BREAD
 MILK

12

PIZZA / CHEESE
 PEPPERONI
 OVEN FRIED FISH / ROLL
 ROASTED BABY POTATOES
 STEAMED BROCCOLI
 MILK

13

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

16

CHEESY NACHOS
 CHICKEN & NOODLES
 BROCCOLI BITES
 STEAMED CARROTS
 BREAD
 MILK

17

OVEN ROASTED CHICKEN
 BAKED PORK CHOP
 SWEET POTATO CASSEROLE
 GREEN PEAS
 MACARONI SALAD
 ROLL
 MILK

18

BEEF & MACARONI
 TACOS
 SWEET YELLOW CORN
 REFRIED BEANS
 BREAD STICK
 MILK

19

SLOPPY JOES ON BUN
 CHICKEN NUGGETS / ROLL
 ROASTED POTATO O'BRIAN
 MIXED VEGETABLES
 MILK

20

23

FALL BREAK

24

FALL BREAK

25

FALL BREAK

26

FALL BREAK

27

FALL BREAK

ROAST BEEF SUB
 CORN DOG NUGGETS
 CORN ON COB
 WHITE BEANS
 MILK

30

MEATLOAF
 CHICKEN FILLET
 MASHED POTATOES
 GREEN PEAS
 ROLL
 MACARONI SALAD

31

