



**Fitness Tip:** Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.  
Reference: USDA MyPlate

### Monday

Mini Meatball Sub **3**  
with Marinara Sauce  
Potato Wedges  
Diced Peaches  
Milk

### Tuesday

Chicken Crispito **4**  
Tomato Salsa  
Garden Salad  
Refried Beans, Apple  
Milk Choice

### Wednesday

Biscuit & Gravy **5**  
Sausage Patty  
Tri-Tater  
Banana  
Milk Choice

### Thursday

Cheese Pizza **6**  
Baby Carrots  
Broccoli Florets  
Pineapple Tidbits  
Milk Choice

### Friday

Chicken Tenders **7**  
Savory Rice  
Bell Pepper Strips  
Celery Sticks  
Fresh Orange, Milk Choice

Hamburger on a Bun **10**  
Dark Leaf Lettuce  
Tomato Slices  
Oven Fries  
Milk Choice

Ell-Saline Chili **11**  
Tortilla Chips  
Bell Peppers, Cucumbers  
Apple Sauce  
Cinnamon Roll, Milk

No School Today **12**

No School Today **13**

No School Today **14**

Grilled Chicken Wrap **17**  
Sweet Potato Tots  
Baked Beans  
Fresh Orange WG Cookie  
Milk

Taco Burger **18**  
Tortilla Chips & Salsa  
Dark Leaf Lettuce  
Diced Tomatoes, Apple  
Milk Choice

Chicken Nuggets **19**  
Mashed Potatoes & Gravy  
Baby Carrots  
Diced Peaches  
WG Roll & Jelly, Milk

Mac & Cheese & Meatballs **20**  
Seasoned Peas,  
Bread & Jelly, Banana  
Milk Choice

White Chicken Chili **21**  
Corn Bread  
Celery Sticks  
Cucumber Slices  
Tropical Fruit, Milk Choice

Pepperoni Pizza **24**  
Celery Sticks  
Baby Carrots  
Pineapple Tidbits, Milk

Hot Ham & Cheese **25**  
Cucumber Slices  
Potato Wedge  
Banana, Milk

Cheese Bread Sticks **26**  
Marinara Sauce  
Garden Salad  
Diced Peaches, Milk

Breaded Chicken Patt, **27**  
Mashed Potatoes  
Green Beans  
Fresh Orange Halves, Milk

Bean & Beef Burrito **28**  
Tomato Salsa  
Romaine Lettuce  
Sweet Corn, Fresh Apple  
Milk

