

Balance Calories: Find out how many calories YOU need each day. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.



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



Turkey & Cheese Sub
Lettuce & Sliced Tom **1**
Sweet Potato Fries
Apple, Milk
Mayo, Ketchup, Mustard

Grilled Chicken
Savory Rice **4**
Fresh Broccoli
Cherry Tomatoes, Milk
Roll & Jelly, Banana

Crispito
Tortilla Chips **5**
Tomato Salsa
Refried Beans
Diced Pears, Milk

Chicken & Noodles
Mashed Potatoes **6**
Baby Carrots
WW Roll & Honey
Grapes, Milk

Spaghetti
Garden Salad **7**
Seasoned Corn
Orange
Garlic Bread, Milk

Corn Dog
Baked Beans **8**
Tri Tater
Fruit Cocktail
Snicker Doodles, Milk

Hamburger On A Bun
Dark Green Leaf Let **11**
Tomato Slices
Oven Fries, Banana
Milk

Chili
Tortilla Chips **12**
Red Pepper Strips
Apple Sauce
Cinnamon Roll, Milk

Chicken Nuggets
Potatoes & Gravy **13**
Tossed Salad
Diced Pears
Wheat Roll & Jelly, Milk

Biscuits & Gravy
Hash Brown Patty **14**
Cucumbers & Celery
Orange Slices
Milk (6-12 Sausage)

Tony's Pizza
Broccoli Florets **15**
Baby Carrots
Pineapple Tidbits
Milk

Cheese Bread Sticks
Marinara Sauce **18**
Seasoned Corn
Tossed Salad
Diced Peaches, Milk

Pulled Pork Sandwich
Creamy Coleslaw **19**
Baked Beans
Mandarin Oranges
Milk

Super Nacho's
Refried Beans **20**
Orange Slices
Milk

Sloppy Joe on a Bun
Tri Tater **21**
Broccoli Florets
Tropical Fruit
Milk

Chicken Tetrizzini
Tossed Salad **22**
Steamed Carrots
Apple
Garlic Bread, Milk

Pepperoni Pizza
Tossed Salad **25**
Cherry Tomatoes
Pineapple Tidbits
Milk

Taco Burger
Leaf Lettuce, Tomato **26**
Refried Beans,
Banana
Milk,(6-12 Tortilla Chips)

Chicken Patty
Potato & Gravy **27**
Green Beans
Diced Pears,
WG Roll & Honey, Milk

Lasagna
Breadstick & **28**
Marinara Sauce
Garden Salad, Apple
Choc. Chip Cookie, Milk

Hot Ham & Cheese
Tri Tater **29**
Broccoli Florets
Orange Slices
Milk