



School Information:

Skim Chocolate Milk and 1% White Milk is served with Each Meal.
WG= Whole Grain



Nutrition Tip: Make half your plate veggies and fruits.

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Pig in a Blanket
Or PBJ Sandwich
Lettuce & Tomato
Sweet Potato Tots
Fresh Apple, Milk Choice

Tuesday

Taco Soup or Burrito **1**
& Tortilla Chips
Tomato Salsa
Refried Beans
Banana, Milk Choice

Wednesday

Corn Dog or Hamburger **2**
Green Beans
Tater Tots
Fruit Cocktail, Snickerdoodle
Milk Choice

Thursday

Fajita Wrap or **3**
Yogurt Muffin Plate
Seasoned Rice
Sweet Corn, Baby Carrots
Fresh Grapes, Milk

Friday

Chicken Nuggets **4**
Or Ham & Cheese Roll Up.
Potatoes and Gravy
Broccoli Florets, Orange
Cherry Tomatoes, Roll & Milk

Rib on a Bun **7**
Or PBJ,
Leaf Lettuce, Tomato Slice,
Tri Tater, Baby Carrots
Diced Pears, Milk

Grilled Chicken Wrap **8**
Or Yogurt Muffin Plate
Tortilla Chips & Salsa
Broccoli Florets
Fresh Cantaloupe
Milk

Macaroni & Cheese **9**
Meatballs, Bread & Jelly
Or Pepperoni Pizza
Garden Salad
Banana
Milk

Chicken Nuggets **10**
Mashed Potatoes & Gravy
Green Beans
Tossed Salad, Apple
Whole Wheat Roll
Milk

Eil-Saline Chili **11**
Or Popcorn Chicken
Bell Pepper Strips,
Sliced Cucumbers
Diced Peaches
Cinnamon Roll, Milk

Hamburger on a Bun **14**
Or BBQ on a Bun
Creamy Coleslaw
Baked Beans
Pineapple Tidbits
Milk

Super Nacho's **15**
Romaine Lettuce
Diced Tomatoes
Refried Beans
Tomato Salsa & Tortilla Chips
Apple, Milk

Cheese Breadsticks **16**
Marinara Sauce
Or Grilled Chicken Sandwich
Sweet Corn
Tossed Salad
Banana, Milk

Chicken Strips **17**
Seasoned Rice
Or Yogurt & Blueberry Muffin
Celery Sticks, Cherry Tomato
Tropical Fruit
Milk Choice

No School Today **18**

Teacher Work Day

Mini Meatball Sub **21**
Or Fruit and Yogurt Parfait
Ranch Potatoes
Tossed Salad, Apple
Milk

Cheese Pizza **22**
Or Grilled Chicken Sandwich
Broccoli Florets
Baby Carrots
Diced Peaches, Milk

No School Today **23**

Parent/Teacher Conference

No School Today **24**

Parent/ Teacher Conference

No School Today **25**

Bean & Beef Burrito **28**
Or Yogurt/Muffin Plate
Tomato Salsa
Romaine Lettuce
Seasoned Corn
Banana, Milk Choice

BBQ on a Bun **29**
Or Grilled Chicken Sandwich
Baked Beans
Cucumber slices, Orange
Brownie, Milk Choice

Stromboli Squares **30**
Or Chicken Crisptito
Garden Salad
Baby Carrots
Diced Peaches
Milk Choice

Turkey & Cheese Sub **31**
Or Hamburger on a Bun
Leaf Lettuce
Tomato Slice
Sweet Potato Tots
Apple, Milk Choice

