



Variety of Milk Served Daily

Please remember to keep your child's account up to date ~ and we do have on-line payment Available for your convenience.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Remember that your child picks up all your attitudes and behaviors --- Including your eating habits. ☺



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Chicken Nuggets **2**  
Bag of Chips  
Veggies & Dip  
Choice of Fruit  
Ice Cream Treat

Hot Dog on Bun **3**  
French Fries  
Baked Beans  
Choice of Fruit

Spaghetti Hotdish or **4**  
Yogurt Cup & Muffin  
Steamed Green Beans  
Lettuce Salad  
Choice of Fruit  
Breadstixs

Chicken Teriyaki over Rice **5**  
Or Tuna Sandwich M/H  
Elem: Mac & Cheese  
Veggies & Dip  
Steamed Tender Green Beans  
Choice of Fruit

Chili or Chicken Noodle **6**  
Soup w/ PB&J Uncrustable  
Steamed Sweet Corn  
Veggies & Dip  
Choice of Fruit

Chicken Pattie on Bun **9**  
Mashed Potatoes  
Steamed Delicious Carrots  
Choice of Fruit

Sloppy Joe on Bun **10**  
Or PB&J Uncrustable  
Smile Potatoes  
Fresh Veggies & Dip  
Choice of Fruit

Chicken & Gravy or **11**  
PB&J Uncrustable  
Mashed Potatoes  
Sweet Tender Corn  
Choice of Fruit  
Dinner Rolls

Taco Salad w/ **12**  
Frito Chips  
Lettuce/Tomatoes / Cheese  
Refried Beans  
Tender Sweet Corn  
Choice of Fruit  
Ice Cream Treat

Pizza Stixs w **13**  
Yogurt Cup  
Veggies & Dip  
Steamed Broccoli  
Choice of Fruit

**No School** **16**

BBQ Rib on Bun **17**  
or PB&J Uncrustable  
Smile Potatoes  
Green Beans  
Choice of Fruit

Meaty Lasagna or **18**  
Cold Sandwich  
Lettuce Salad  
Steamed Corn  
Choice of Fruit  
Breadstixs

French Toast Stixs **19**  
Sausage Links  
American Fries  
Warm Apples Slices  
Choice of Fruit

Taco Wrap or **20**  
PB&J Uncrustable  
Cheesy Potatoes  
Steamed Carrots  
Choice of Fruit

Italian Dunkers w / **23**  
Marinara Sauce  
Tator Tots  
Steamed Green Beans  
Choice of Fruit  
Treat

Potato Bar Midd/ High **24**  
w/ All the Fixins & Bread  
Elem: Chicken Nuggets  
Mashed Potatoes  
Sweet Corn  
Choice of Fruit

Tator Tot Hotdish or **25**  
PB&J Uncrustable  
Peas & Carrots  
Lettuce Salad  
Choice of Fruit  
Breadstixs

Cheesy Pizza **26**  
Rice w/ Cinnamon & Sugar  
Fresh Veggies & Dip  
Steamed Tender Broccoli  
Choice of Fruit

**No School** **27**

Mini Corn Dogs **30**  
Augratin Potatoes  
Fresh Veggies & Dip  
Choice of Fruit  
Oatmeal Bar

Cheeseburger on Bun **31**  
French Fries  
Steamed Carrots  
Choice of Fruit

