



**Welcome Back to another School Year**  
**Cost for Lunch \$2.75 per day.**  
**Cost for snack .50 per day.**  
**Snack is Milk, Juice or Ice Cream on Fridays**



**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.  
**This institution is an equal opportunity provider and employer.**



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

7

1) Chicken Strips/Roll  
 2) Pizza/Mixed Veggies  
 Steamed Broccoli  
 Cookies  
 Fruit

1) Chef Salad/Crackers  
 2) Spaghetti/Cheesy Bread  
 3) Turkey Sub  
 Lima Beans/California Veggie  
 Fruit

1) Chef Salad  
 2) Baked Ham Slices/Roll  
 3) Chili Cheese over Chips  
 Sweet Potato/Green Beans  
 Fruit/Gelatin

1) Chef Salad  
 2) Cheeseburger  
 3) Mexican Pizza  
 French Fries/Side Salad  
 Fruit

1) Corndog Nuggets  
 2) Grilled Chicken Sandwich  
 Baked Beans  
 California Veggies  
 Fruit

1) Chicken Nuggets  
 2) Sloppy Joe Bun  
 Green Beans/Carrots  
 Fruit

1) Chef Salad/Crackers  
 2) Cheesy Chicken/Rice  
 3) Hamburger  
 Garden Salad/Mixed  
 Veggies/Roll/Fruit

1) Chef Salad/Crackers  
 2) Steak Fingers  
 3) Turkey Wrap  
 Mashed Potatoes/Lima  
 Beans/Roll/Fruit/ Southern  
**Mud Dessert**

1) Chef Salad/Crackers  
 2) Hot Dog  
 3) Sausage Pizza  
 Baked Beans/Raw Veggies  
 Fruit

1) Chicken Fried Steak  
 2) Hot Ham Cheese Hoagie  
 Lima Beans/Carrots  
 Rice/Gravy/Roll  
 Fruit

1) Mandarin Chicken/rice  
 2) B.B.Q. Rib on Hoagie  
 Steamed Broccoli  
 Mixed Veggies/Fruit

1) Chef Salad/Crackers  
 2) Nacho Grande  
 3) American Sub  
 Corn/Garden Salad  
 Fruit

1) Chef Salad/Crackers  
 2) Stuffed Crust Pizza  
 3) Beef Steak Cheeseburger  
 California Veggies/Side Salad  
 Fruit

1) Chef Salad/Crackers  
 2) Chicken Sandwich  
 Baked Potato  
 Carrots w/Dip  
 Fruit

1) Chicken Nuggets/Roll  
 2) Meatball Bread Bowl  
 Buttered Potatoes/Green  
 Beans/Fruit/Juice

1) Corndog  
 2) Spicy Chicken Sandwich  
 Steamed Broccoli  
 Baked Beans  
 Fruit

1) Chef Salad/Crackers  
 2) Mexican Pizza  
 3) Beef Soft Taco  
 Corn/Side Salad  
 Fruit

1) Chef Salad/Crackers  
 2) Honey BBQ Chicken Wings  
 3) Pepperoni Pizza  
 California Veggies  
 Green Peas/Fruit

