



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

1) Chicken Strips/Roll **5**
2) Pizza/California Veggies
Green Beans/Fruit/Juice

1) Corn Dog Nuggets **6**
2) B.B.Q Rib on Hoagie
Baked Beans/Mixed Veggies
Fruit/Juice

1) Chef Salad/Crackers **7**
2) Hamburger Patty/Rice
Gravy/Lima Beans/Side
Salad/Roll
Fruit/Juice

1) Fruit Yogurt Plate **1**
2) Meat Ball Sub/Squash
Side Salad/Fruit/Juice

1) Fruit Yogurt Plate **2**
2) Fish Nuggets/Mac-Cheese
Blackeye Peas/Coleslaw
Fruit/Juice

1) Chicken Nuggets/Roll **12**
2) B.B.Q Pulled Pork
Sandwich/Mashed Potatoes
Green Beans/Fruit/Juice

1) Spaghetti/Cheesy Bre **13**
2) Boneless Honey Chicken
Wings/Lima Beans/Carrots
Fruit/Juice

1) Chef Salad/Crackers **14**
2) Mandarin Chicken/Fried
Rice/Broccoli/Mixed Veggies
Fruit/Juice

1) Fruit Yogurt Plate **8**
2) Spicy Chicken Sandwich
F.F./Carrots/Fruit/Juice

1) Fruit Yogurt Plate **9**
2) Tuna in Bread Bowl
Broccoli/Potatoes
Fruit/Juice

1) Fruit Yogurt Plate **15**
2) Hot Dog/Baked Beans
F.F./Fruit/Juice

1) Fruit Yogurt Plate **16**
2) Grilled Cheese Sandwich
F.F./Side Salad
Fruit/Juice

1) Cheesy Chicken/Rice **19**
2) Beef Steak Burger
Green Beans/Sweet
Potatoes/Fruit/Juice

1) Mexican Pizza **20**
2) Grilled Chicken Sandwich
Mixed Veggies/Broccoli
Fruit/Juice

1) Chef Salad/Crackers **21**
2) B.B.Q Chicken/Mashed
Potatoes/Blackeye Peas
Roll/Fruit/Juice

1) Fruit Yogurt Plate **22**
2) Corn Dog Nuggets
Baked Beans/Side Salad
Fruit/Juice

1) Fruit Yogurt Plate **23**
2) Cheese Pizza/Corn
Side Salad/Fruit/Juice

1) Meat Balls/Rice-Gravy **26**
2) Grilled Chicken Sandwich
Carrots/Green Beans
Fruit/Juice

1) Chicken Nuggets/Roll **27**
2) Stuffed Crust Pizza
Black Eyed Peas/Mixed
Veggies/Fruit/Juice

Nacho Grande **28**
Squash/California Veggies
Fruit/Juice

Beef Steak Burger **29**
F.F./Raw Veggies
Fruit

GOOD FRIDAY **30**
NO SCHOOL