



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) Honey BBQ Chicken 5
- 2) Grab & Go Lunch
- Mac & Cheese
- Baked Beans/Side Salad
- Rolls/Fruit

- 1) Mexican Pizza 6
- 2) Grab & Go Lunch
- Baked Beans/Mixed Veggies
- Fruit

- 1) Chef Salad/Crackers 7
- 2) Chicken Spaghetti
- 3) Grab & Go Lunch
- Green Peas/Tossed Salad
- Apple Crisp /Rolls

- 1) Chef Salad 1
- 2) Spicy Chicken Sandwich
- 3) Jambalaya
- Potato Salad/Green Beans
- Fruit/Roll

- 1) Tuna Salad Plate 2
- 2) Fish Nuggets
- Blackeyed Peas/Side Salad
- Fruit

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

- 1) Spaghetti/Garlic Bread 13
- Lima Beans/Carrots
- Fruit

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

- 1) Chef Salad /Crackers 15
- 2) Hot Dog/Baked Beans
- F.F./Fruit

- 1) Tuna Salad Wrap 16
- 2) Grilled Cheese Sandwich
- F.F./Side Salad
- Fruit

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

- 1) Mexican Pizza 20
- Mixed Veggies/Broccoli
- Fruit/Juice

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

- 1) Chef Salad /Crackers 22
- 2) Corn Dog Nuggets
- Baked Beans/Side Salad
- Fruit/Juice

- 1) Tuna Salad 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