



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) Steak Finger 5
- Rice-Gravy/Roll
- 2) Grilled Chicken Sandwich
- Lima Beans/Squash
- Fruit

- 1) Corn Dog Nuggets 6
- 2) B.B.Q Rib on Hoagie
- Baked Beans/California
- Veggies/Fruit

- 1) Chef Salad/Crackers 7
- 2) Chili w/Cheesy Bread
- 3) Pizza
- Side Salad/Carrots

- 1) Fruit Yogurt Plate 1
- 2) Chicken & Sausage Gumbo
- 3) Hamburger
- Potato Salad/Green
- Beans/Fruit

- 1) Fruit Yogurt Plate 2
- 2) Beef Steak Cheeseburger
- F.F./Carrot Sticks w/Dressing
- Fruit



- 1) Chicken Nuggets/Roll 19
- 2) Pizza
- Squash/Green Peas
- Fruit



- 1) Spaghetti 20
- 2) Hot Ham Cheese
- Lima Beans/Cali Veggies
- Cheese Sticks
- Fruit

- 1) Fish Nuggets 14
- 2) Cheese Pizza/Corn
- 3) Tuna Salad
- Broccoli/Fruit

- 1) Chef Salad/Crackers 15
- 2) Cheesy Chicken/Rice
- 3) Quesadillas
- Green Beans/Sweet Potatoes
- Roll/Fruit

- 1) Tuna Salad Plate 16
- 2) Grilled Cheese
- F.F./Mixed Veggies
- Fruit

- 1) Nacho Grande 26
- 2) Grilled Chicken Sandwich
- Green Peas/Carrots
- Fruit

- 1) Mandarin Chicken 27
- Fried Rice
- 2) B.B.Q Rib on Hoagie
- Broccoli/Mixed Veggies
- Fruit

- 1) Chef Salad/Crackers 28
- 2) Stuffed Crust Pizza
- 3) Deli Sub
- Corn/Side Salad
- Fruit

