



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

- 1) Chicken Nuggets/Roll **1**
- 2) Pizza/Potatoes/California Veggies
Fruit/Juice

Tuesday

- 1) Corn Dog **2**
- 2) Grilled Chicken Sandwich
Baked Beans/Mixed Veggies
Fruit Juice

Wednesday

- 1) Chef Salad/Crackers **3**
- 2) Cheesy Chicken/Rice
Lima Beans/Carrots/Roll
Fruit/Juice

Thursday

- 1) Fruit Yogurt Plate **4**
- 2) Chicken Fajita /Corn
Side Salad/Fruit/Juice

Friday

- 1) Fruit Yogurt Plate **5**
- 2) Spicy Chicken Sandwich
F.F/Carrots/Fruit/Juice

FALL HOLIDAY

- 8**

- 1) Hamburger Patty **9**
- Rice –Gravy/Roll
- 2) Pizza/Squash/Mixed
Veggies/Fruit/Juice

- 1) Chef Salad/Crackers **10**
- 2) Fish Nuggets/Mac-Cheese
Green Peas/Side Salad
Fruit/Juice

- 1) Fruit Yogurt Plate **11**
- 2) Philly Cheese Steak
Sandwich/

- 1) Fruit Yogurt Plate **12**
- 2) Steak Burger/Tater Tots
Raw Veggies/Fruit/Juice

- 1) Chicken Strips/Roll **15**
- 2) Pizza/Mashed Potatoes
Green Beans
Fruit/Juice

- 1) Corn Dog **16**
- 2) Grilled Chicken
Baked Beans/Steamed
Broccoli/Fruit/Juice

- 1) Chef Salad/Crackers **17**
- 2) Mexican Pizza
Corn/Side Salad/Fruit
Juice

- 1) Fruit Yogurt Plate **18**
- 2) Spaghetti/Side Salad
Lima Beans/Cheesy Bread
Fruit/Juice

- 1) Fruit Yogurt Plate **19**
- 2) Grilled Cheese/F.F
Raw Veggies/Fruit/Juice

- 1) Mandarin Chicken **22**
- Fried Rice
- 2) Pizza/Broccoli/Carrots
Fruit/Juice

- 1) Nacho Bits **23**
- 2) Chicken Sandwich
California Veggies/Lima
Beans/Fruit/Juice

- 1) Chef Salad/Crackers **24**
- 2) Hamburger Patty/Rice
Gravy/Green Beans/Squash
Roll/Fruit/Juice

- 1) Fruit Yogurt Plate **25**
- 2) Mexican Pizza/Corn
Green Peas/Fruit/Juice

- 1) Fruit Yogurt Plate **26**
- 2) Hot Dog/Tater Tots
Cumber Salad/Fruit/Juice

- 1) Chicken Nuggets/Roll **29**
- 2) Pizza/Lima Beans
California Veggies
Fruit/Juice

- 1) Red Beans/Sausage **30**
- Rice
- 2) Grilled Chicken
Turnip Green/Coleslaw
Fruit/Juice

- 1) Chef Salad/Crackers **31**
- 2) Corn Dog/Baked Beans
Mixed Veggies/Fruit/Juice

