



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
 2)Pizza/Potatoes/Lima Beans/Fruit/Juice

4

1)Fish Nuggets
 2)Grilled Chicken Sandwich
 Mac-Cheese/Green Peas
 Carrots/Fruit/Juice

5

1)Chef Salad/Crackers
 2)Spaghetti/Side Salad
 Green Beans/Cheesy Bread
 Fruit/Juice

6

1)Fruit Yogurt Plate
 2)Corn Dog/Baked Beans
 Mixed Veggies/Fruit
 Juice

7

1)Fruit yogurt Plate
 2)Spicy Chicken Sandwich
 T.Tots/ Carrots /Dip
 Fruit/Juice

8

1)Chicken Nuggets
 2)Mexican Pizza
 Mashed Potatoes/Broccoli
 Fruit/Juice

11

1)Cheesy Chicken/Rice
 2)B.B.Q Rib Sandwich
 Sweet Potatoes/California
 Veggies/Fruit/Juice

12

1)Chef Salad/Crackers
 2)Stuffed Crust Pizza
 Corn/Side Salad/Fruit
 Juice

13

1)Fruit Yogurt Plate
 2)Meat Ball Sub
 Squash/Mixed Veggies
 Fruit/Juice

14

1)Fruit Yogurt Plate
 2)Grilled Cheese Sandwich
 F.F/Raw Veggies
 Fruit/juice

15

1)Grilled Chicken
 Sandwich
 2)Pizza/Corn
 California Veggies
 Fruit/Juice

18

1)Hamburger Patty-
 Mashed Potatoes-Gravy/Roll
 2)Hot-Ham Cheese Sandwich
 Green Beans/Carrots
 Fruit/Juice

19

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

20

1)Fruit Yogurt Plate
 2)Stuffed Crust Pizza
 Green Peas/Squash
 Fruit/Juice

21

1)Fruit Yogurt Plate
 2)Hot Dog/T.Tots
 Side Salad/Fruit /Juice

22

1)Steak Finger
 Rice-Gravy/Roll
 2)Pizza
 Green Beans/Squash
 Fruit/Juice

25

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

26

1)Chef Salad/Crackers
 2)Stromboli Hot-Pocket
 Blacked Eyed Peas/Side
 Salad/Fruit/Juice

27

1)Fruit Yogurt Plate
 2)Nacho Grande
 Corn/Side Salad
 Fruit/Juice

28

