



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

4

MARDI GRAS

5

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6

1)Fruit Yogurt Plate
 2)Cheese Pizza
 Corn/Broccoli/Fruit/Juice

7

1)Fruit Yogurt Plate
 2)Cheesy Chicken/Rice
 Sweet Potatoes/Green Beans
 Roll/Fruit/Juice

8

1)Fruit Yogurt Plate
 2)Grilled Cheese/T.Tots
 Veggies/ W Dip
 Fruit/Juice

11

1)Chicken Nuggets
 2)Pizza/Lima Beans
 Potatoes/Roll
 Fruit/Juice

12

1)Corn Dog
 2)B.B.Q Pork Sandwich
 Baked Beans/California
 Veggies/Fruit/Juice

13

1)Chef Salad/Crackers
 2)Hamburger Patty/Rice
 Gravy/Roll/Green Beans
 Carrots/Fruit/Juice

14

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

15

1)Fruit Yogurt Plate
 2)Red Beans/Rice
 Turnip Greens/Coleslaw
 Biscuits/Fruit/Juice

18

1)B.B.Q Chicken
 2)Beef Steak Burger
 Mashed Potatoes/Green
 Peas/Roll/Fruit/Juice

19

1)Spaghetti/Cheesy
 Bread
 2)Corn Dog/Lima Beans
 Carrots/Fruit/Juice

20

1)Chef Salad/Crackers
 2)Grilled Chicken Sandwich
 F.F./Side Salad/Fruit/Juice

21

1)Fruit Yogurt Plate
 2)Nacho Grande/Squash
 California Veggies/Fruit
 Juice

22

1)Fruit Yogurt Plate
 2)Fish Nuggets/Blackeyed
 Peas/Broccoli/Fruit/Juice

25

1)Meatballs/Gravy
 2)Grilled Chicken Sandwich
 Mashed Potatoes/Green
 Beans/Roll/Fruit/Juice

26

1)Chicken Strips/Roll
 2)Hot Dog/Squash
 Mixed Veggies/Fruit
 Juice

27

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

28

1)Fruit Yogurt Plate
 2)Beef Steak Burger/F.F
 Raw Veggies/Fruit/Juice

29

1)Fruit Yogurt Plate
 2)Tuna Salad/Broccoli
 Potatoes/Roll
 Fruit/Juice