



**This Institution is an Equal Opportunity Provider.**



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

### Monday



6

### Tuesday



7

### Wednesday

1

### Thursday

2

### Friday

3

Hamburger Patty/Gravy  
Rice/Roll  
Chicken Sandwich  
Green Beans/Squash  
Fruit/Juice

Chicken Noddle Soup  
Grilled Cheese Sandwich  
B.B.Q Rib Sandwich/Carrots  
Broccoli  
Fruit/Juice

Chef Salad/Crackers  
Hot Turkey Sandwich  
Mashed Potatoes-Gravy  
Lima Beans  
Fruit/Juice

Fruit Yogurt Plate  
Hot Dog  
Baked Beans/Mixed Veggies  
Fruit/Juice

Chicken Nuggets/Roll  
Hamburger  
Green Beans/Potatoes  
Fruit/Juice

13

Spaghetti/Garlic Bread  
Grilled Chicken Sandwich  
California Veggies  
Green Peas  
Fruit/Juice

14

Fruit Yogurt Plate  
Corn Dog  
Baked Beans/Mixed Veggies  
Fruit/Juice

15

Chef Salad/Crackers  
Taco Soup  
Side Salad/Carrots  
Fruit/Juice

16

Fruit Yogurt Plate  
Grilled Cheese Sandwich  
F.Fries/Side Salad  
Fruit/Juice

17

No School  
HOLIDAY

20

Mandarin Chicken  
Fried Rice/Egg Roll  
B.B.Q Rib Sandwich  
Broccoli/Squash  
Fruit/Juice

21

Fruit Yogurt Plate  
Beef-A-Roni/Garlic Bread  
Carrots/Green Peas  
Fruit/Juice

22

Chef Salad/Crackers  
B.B.Q Chicken/Roll  
Side Salad/Green Beans  
Fruit/Juice

23

Fruit Yogurt Plate  
Steak Fingers/Roll  
Mashed Potatoes  
Lima Beans  
Fruit/Juice

24

Cheesy Chicken/Rice  
Hot Ham-Cheese Sub  
Broccoli/Sweet Potatoes  
Fruit/Juice

27

Corn Dog  
Chicken Sandwich  
Baked Beans/Mixed Veggies  
Fruit/Juice

28

Fruit Yogurt Plate  
Nacho Grande  
Side Salad/Corn  
Fruit/juice

29

Chef Salad/Crackers  
Chicken Tenders/Roll  
Potatoes/Green Beans  
Fruit/Juice

30

Fruit Yogurt Plate  
Cheese Burger  
Tater Tots/Carrots w/Dip  
Fruit/Juice

31