



This institution is an equal opportunity provider



**Nutrition Tip:** Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Cheesy Chicken-Rice **5**  
Roll  
Pizza  
Sweet Potatoes/Green Peas  
Fruit/Juice

Steak Fingers/Gravy **6**  
Roll/  
Grilled Chicken Sandwich  
Mashed Potatoes/Lima Beans  
Fruit/Juice

Fruit Yogurt Plate **7**  
Corn Dog  
Baked Beans/California  
Veggies  
Fruit/Juice

Chef Salad/Crackers **1**  
Shredded Pork-Gravy  
Mashed Potatoes/Green  
Beans/Roll  
Fruit/Juice

Fruit Yogurt Plate **2**  
Grilled cheese Sandwich  
F Fries/Raw Veggies w/Dip  
Fruit/Juice

Fall Holiday **12**

Chicken Leg/Roll **13**  
Pizza  
Mashed Potatoes  
Green Peas  
Fruit/Juice

Fruit Yogurt Plate **14**  
Nacho Grande  
Carrots/Squash  
Fruit/Juice

Chef Salad/Crackers **8**  
Mexican Pizza  
Corn/Side Salad  
Fruit/Juice

Fruit Yogurt Plate **9**  
Hot-Ham Cheese Sub  
F.Fries/Carrots w/Dip  
Fruit/Juice

Chef Salad/Crackers **15**  
Spaghetti/Garlic Toast  
Side Salad/Lima Beans  
Fruit/Juice

Fruit Yogurt Plate **16**  
Hot Dog  
T Tots/Raw Veggies w/Dip  
Fruit/Juice

Chicken Nuggets/Roll **19**  
Pizza  
Diced Potatoes/Green Beans  
Fruit/Juice

Corn Dog **20**  
Grilled Chicken Sandwich  
Baked Beans/Mixed Veggies  
Fruit/Juice

Fruit Yogurt Plate **21**  
Beefy Taco  
Side Salad/Corn  
Fruit/Juice

Chef Salad/Crackers **22**  
Meat Balls/Rice-Gravy/Roll  
Lima Beans/Squash  
Fruit/Juice

Fruit Yogurt Plate **23**  
Cheeseburger/F Fries  
Raw Veggies  
Fruit/Juice

Chicken Strips/Roll **26**  
Pizza  
Steamed Broccoli/Carrots  
Fruit/Juice

Calzone **27**  
Spicy Chicken Sandwich  
Black Eyed Peas  
Mixed Veggies

Fruit Yogurt Plate **28**  
Hot Dog  
Baked Beans/Side Salad  
Fruit/Juice

Chef Salad/Crackers **29**  
Hamburger Patty-Rice  
Gravy/Roll/  
Green Peas/Squash

Fruit Yogurt Plate **30**  
Chicken Sandwich  
F Fries/Raw Carrots w/Dip  
Fruit/Juice