



MEAL PRICES

LUNCH: \$2.85

REDUCED: .40 CENTS

"MEAL MUST CONTAIN A FRUIT OR VEGETABLE"



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.



Monday

Tuesday

Wednesday

Thursday

Friday



"EAT WELL LIVE SWELL" AT THE SCHOOL LUNCH CAFETERIA

Fish Sandwich or Chicken Sandwiches With Cheese
Green Romaine Salad
Ice Cream LF
Fresh Fruit
Low- Fat Milk **1**

Big Daddy Pizza or Corndog **4**
Steamed Broccoli
Mandarin Oranges
Low-Fat Milk

Fiesta Meat Nachos or Tenderloin Sandwich **5**
Buttered Corn
Fresh Apple
Low-Fat Milk

County Fried Chicken or Country Fried Steak **6**
Green Beans
Mixed Fruit
Whole Grain Roll
Low- Fat Milk

Chicken Sandwich or B.B.Q. **7**
Pulled Pork Sandwich
Buttered Carrots
Fresh Banana
Low- Fat Milk

Double Cheese Burger or Hotdog **8**
Baked Beans
Mixed Fruit
Ice Cream LF
Low- Fat Milk

Chicken Sandwich or Ham **11**
Cheese Calzone
Buttered Carrots
Sliced Peaches
Low- Fat Milk

Chicken Taco or Beef Taco **12**
Black Beans
Fresh Fruit
Low- Fat Milk

Chicken Strips or Country Steak **13**
Potato Wedges
Green Bean
Whole Grain Bread
Fresh Fruit
Low- Fat Milk

Cheese Burger or Hotdog **14**
Buttered Corn
Apple Sauce
Low- Fat Milk

Fish Sandwich or Chicken **15**
Nuggets
Green Romaine Salad
Ice Cream LF
Fresh Fruit
Low- Fat Milk

B.B.Q. Pork Sandwich or Chicken Sandwich **18**
Baked Beans
Apple Sauce
Low- Fat Milk

Beef Taco or Pizza **19**
Steamed Broccoli
Peaches
Variety Milk

County Fried Chicken or Country Fried Steak **20**
Mashed Potato w/ Gravy
Whole Grain Roll
Fresh Fruit
Low- Fat Milk

Hamburger or Hotdog **21**
Buttered Carrots
Fresh Fruit
Low- Fat Milk

Popcorn Chicken or Fish Sticks **22**
Celery Sticks w/ Dip
Whole Grain Roll
Fresh Fruit
Ice Cream LF
Low- Fat Milk

Big Daddy Pizza or Beef Taco **25**
Black Bean
Apple sauce
Low- Fat Milk

Fiesta Meat Nachos or Corn Dog **26**
Green Beans
Fresh Fruit
Low-Fat Milk

Chicken Sandwich Tenderloin Sandwich **27**
Baby Carrots W/ Dip
Fresh Apples
Low-Fat Milk

Hotdog or Double Cheese **28**
Burger
Broccoli w/ Cheese
Fruit
Variety Milk

Fish Sandwich or Chicken **29**
Sandwich
Green Romaine Salad
Ice Cream LF
Fresh Fruit
Low- Fat Milk