



MEAL PRICES LUNCH: \$2.85
REDUCED: .40 CENTS
"EACH 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



- Popcorn Chicken Mashed Potato Bowl w/ Roll
- Country Fried Steak w/ Roll
- Steamed Corn
- Canned pears & peaches
- Apple slices
- Baby Carrots

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Tuesday

Daily: PBJ Meal Daily:
 Muffin/String
 Cheese/Yogurt/Goldfish Meal
 Daily: Choice of Milk

- Lasagna Roll Up w/ Garlic Toast
- Pretzel w/ Cheese
- Green Beans
- Bananas
- Frozen thawed blueberries
- Grape Tomatoes

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Wednesday



- Beef & Cheese Nachos
- Philly Cheesesteak
- Baked Beans
- Canned mixed fruit
- Mandarin Oranges
- Romaine Lettuce

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Thursday

- Chicken & Noodles w/ Roll
- Bosco Sticks
- Steamed Carrots
- Canned pears & peaches
- Watermelon or Cantaloupe
- Sliced Cucumbers

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Friday

- Pancakes w/ Bacon/Cheese Scrambled Eggs
- Pork Rib BBQ Sandwich
- Hash Brown Patty
- Canned applesauce
- frozen thawed strawberries
- Baby Carrots

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- French Toast Sticks w/ Sausage Patty
- Pizza Cheese Crunchers
- Hash Brown Patty
- Canned applesauce
- frozen thawed strawberries
- Baby Carrots

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- fish sticks w/ Macaroni & Cheese
- Bosco Sticks w/ Marinara Sauce
- Steamed Corn
- Canned pears & peaches
- Apple slices
- Baby Carrots

11

- Fajita Chicken Rice Bowl w/ Queso
- Pulled Pork Sandwich
- Refried Beans
- Bananas
- Frozen thawed blueberries
- Grape Tomatoes

12

- Cheeseburger Macaroni w/ Breadstick
- Tonys Pizza (Cheese or Pepperoni)
- French Fries
- Mandarin Oranges
- Romaine Lettuce

13

- Turkey & Gravy w/ Roll
- Chicken & Cheese Quesadilla
- Mashed Potatoes
- Canned pears
- fresh fruit
- Sliced Cucumbers

14

- Mini Cheese Ravioli w/ Mozzarella Sticks & Marinara
- Cheese Dog
- Green Beans
- Canned applesauce
- frozen thawed strawberries
- Baby Carrots

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- Chicken Strip Basket w/ Country Gravy
- Meatball Sub
- French Fries
- Canned pears & peaches
- Apple slices
- Baby Carrots

18

- Chicken Drumstick w/ Parmesan Buttered Noodles
- Beef & Cheese Nachos
- Steamed Corn
- Bananas
- Frozen thawed blueberries
- Grape Tomatoes

19

- Rotini w/ Meat sauce & Garlic Bread
- or Ham & Cheese Stuffer Sandwich
- Green Beans Mandarin Oranges
- Mixed Fruit Romaine Lettuce

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CHRISTMAS BREAK
MERRY CHRISTMAS

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CHRISTMAS BREAK
MERRY CHRISTMAS

22

CHRISTMAS BREAK
MERRY CHRISTMAS

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CHRISTMAS BREAK
MERRY CHRISTMAS

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CHRISTMAS BREAK
MERRY CHRISTMAS

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CHRISTMAS BREAK
MERRY CHRISTMAS

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CHRISTMAS BREAK
MERRY CHRISTMAS

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