



**MEAL PRICES:**  
**LUNCH: \$2.85**  
**REDUCED: \$.40**



**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.**



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

NO SCHOOL

1

NO SCHOOL

2

NO SCHOOL

3

NO SCHOOL

4

Beef Taco or Chicken Taco  
 Black Beans  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

7

Chicken Nuggets or Turkey Wrap  
 Green Beans  
 Baked Chips  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

8

Corn Dog or Cheeseburger  
 Buttered Carrots  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

9

Ham & Cheese Calzone or Sloppy Joe  
 Fries  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

10

Nachos w/ Meat & cheese  
 Chicken Fajita  
 Broccoli & Cheese  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

11

Chicken sandwich or Philly  
 Cheese Steak  
 Fries Buttered Carrots  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

14

Cheeseburger or Ham & Cheese Calzone  
 Broccoli & Cheese  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

15

Chicken Alfredo or Baked Spaghetti  
 Bread Stick  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

16

Pizza or B.B.Q. Pork Sandwich  
 Fries  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

17

Chicken Nuggets or Fish Sandwich  
 Baked Chips  
 Baked Beans  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

18

Turkey Sub or Meat Ball Sub  
 Baked Beans  
 Mac Variety of Fresh Veggies  
 Variety of Fruits  
 Milk & Cheese

21

Beef Taco or Chicken Taco  
 Black Beans  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

22

Chicken Sandwich or Sloppy Joe  
 Buttered Carrots  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

23

Big Daddy Pizza or Hot Dog  
 Broccoli & Cheese  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

24

Turkey wrap or Ham & Cheese  
 Fries  
 Green Beans  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

25

Tenderloin Sandwich or Chicken  
 Sandwich  
 Baked Beans  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

28

Nachos w/ Meat & cheese  
 Or Cheese Dog  
 Broccoli  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

29

Chicken Nuggets or Country Fried Steak  
 Mashed Potatoes w/ Gravy  
 Green Beans & Roll  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

30

Pepperoni Calzone or Turkey  
 Sub. Fries  
 Buttered Carrots  
 Variety of Fresh Veggies  
 Variety of Fruits  
 Milk

31

