



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.
This institution is an equal opportunity provider.



Monday

Tuesday

Wednesday

Thursday

Friday

Beef Taco or Chicken Taco **2**
 Black Beans
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Chicken Strips or Turkey Wrap **3**
 Green Beans
 Baked Chips
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Chicken Alfredo or Baked Spaghetti **4**
 Bread Stick
 Garden Salad
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Corn Dog or Cheeseburger **5**
 Buttered Carrots
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Nachos w/ Queso Cheese or Chicken Fajita **6**
 Broccoli & Cheese
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Chicken sandwich or Philly Cheese Steak **9**
 Buttered Carrots
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Cheeseburger or Ham & Cheese Calzone Broccoli & Cheese **10**
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Kansas City Chili or Chicken Rings **11**
 PBJ Sandwich
 Celery Sticks/ Dip
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Big Daddy Pizza or B.B.Q. Pork Sandwich **12**
 Fries
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Chicken Nuggets or Fish Sandwich **13**
 Baked Chips
 Baked Beans
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Turkey Sub or Meat Ball Sub **16**
 Baked Beans
 Mac Variety of Fresh Veggies
 Variety of Fruits
 Milk & Cheese

Beef Taco or Chicken Taco **17**
 Black Beans
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Chicken Sandwich or Sloppy Joe **18**
 Buttered Carrots
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Big Daddy Pizza or Hot Dog **19**
 Broccoli & Cheese
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Turkey wrap or Ham & Cheese **20**
 Fries
 Green Beans
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Tenderloin Sandwich or Chicken Sandwich **23**
 Baked Beans
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Nachos w/ Meat & Queso **24**
 Or Cheese Dog
 Broccoli
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Chicken Nuggets or Country Fried Steak **25**
 Mashed Potatoes w/ Gravy
 Green Beans & Roll
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Pepperoni Calzone or Turkey Sub. **26**
 Buttered Carrots
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Chicken Nuggets or Fish Sandwich **27**
 Baked Chips
 Baked Beans
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Nachos w/ Meat & Queso **30**
 Or Clover Thunder B.B.Q. Pork
 Cheese Nachos
 Broccoli
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

Big Daddy Pizza or Coney Dog **31**
 Buttered Carrots
 Variety of Fresh Veggies
 Variety of Fruits
 Milk

