



**Milk is offered with every meal**  
**Menus are subject to change**  
**USDA is an equal opportunity provider and employer**



**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

**\* Spaghetti w/Meat Sauce(2)** **2**  
**\*Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Green Beans(1c)  
 Fruit(1c)  
 WG Hot Roll(1c)

**\*Chick Fried Steak(2c)** **3**  
**\*Parfait(3c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Mashed Potato(1c)  
 Fruit(1c)  
 WG Hot Roll(1c)

**\*WG Beef Nacho(2c)** **4**  
**\* Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Lettuce/Tomato  
 Corn(1c)  
 WG Peach Cobbler(1c)

**\*Chicken & Noodles(2c)** **5**  
**\*Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Green Beans(1c)  
 Tossed Salad w/Dressing(1c)  
 Fruit(1c)

**\*Hamburger on Bun(2c)** **6**  
**\*Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 SSC  
 Tater Babies(1c)  
 Fruit(1c)

**\*WG Fish Sticks(2c)** **9**  
**\* Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Tater Babies(1c)  
 Fruit(1c)  
 WG Cookie(1c)

**\*WG Crispito(2c)** **10**  
**\*Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Corn(1c)  
 Spanish Rice(1c)  
 Fruit(1c)

**\*WG Corndog(2c)** **11**  
**\* Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Baked Beans(1c)  
 Fruit(1c)  
 WG Cookie(1c)

**\*WG Mac & Cheese(2c)** **12**  
**\*Parfait(3c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Baby Carrots(1c)  
 Green Beans (1c)  
 Fruit(1c)

**Managers Choice** **13**

**\*Scrambled Eggs(1c)** **16**  
**\*Parfait(3c)**  
**\*WG Peanut Butter/Jelly(2c)**  
 WG Biscuit(2c)  
 Sausage Patty(1c)  
 Fruit(1c)

**\*WG Ham Wrap (2c)** **17**  
**\*Parfait(3c)**  
**\*WG Peanut Butter/Jelly(2c)**  
 SSC  
 Carrot Stick(1c)  
 Fruit(1c)

**\*WG Beef Nacho(2c)** **18**  
**\* Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Lettuce/Tomato  
 Corn(1c)  
 WG Peach Cobbler(1c)

**\*WG Chicken Nuggets w/BBQ(2c)** **19**  
**\*Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Quick Baked Potato(1c)  
 Baby Carrot(1c)  
 Fruit(1c)

**Managers Choice** **20**

**\*Chicken & Noodles(2c)** **23**  
**\*Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Green Beans(1c)  
 Tossed Salad w/Dressing(1c)  
 Fruit(1c)

**\*Hamburger on Bun(2c)** **24**  
**\*Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 SSC  
 Tater Babies(1c)  
 Fruit(1c)

**\*Pizza((2c)** **25**  
**\* Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Salad (1)  
 Fruit(1c)  
 WG Brownie(1c)

**\*Chili ((2c)** **26**  
**\* Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Crackers Fruit

**Managers Choice** **27**

**\*WG Crispito(2c)** **30**  
**\*Chef Salad(2c)**  
**\*WG Peanut Butter/Jelly Sandwich(2)**  
 Corn(1c)  
 Spanish Rice(1c)  
 Fruit(1c)

