



Milk is offered with every meal
Menus are subject to change

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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



14
 *WG Pepperoni Pizza (2c)
 *Ham Chef Salad (2c)
 *WG Peanut Butter/Jelly Sandwich(2)
 Tossed Salad w/Dressing(1c)
 Fruit(1c)
 WG Cookie(1c)

15
 *WG Mac & Cheese(2c)
 *Chef Salad(2c)
 *WG Peanut Butter/Jelly Sandwich(2)
 Baby Carrots(1c)
 Green Beans (1c)
 Fruit(1c)

16
 *WG Crispito(2c)
 *Chef Salad(2c)
 *WG Peanut Butter/Jelly Sandwich(2)
 Corn(1c)
 Spanish Rice(1c)
 Fruit(1c)

17
 *Chicken & Noodles(2c)
 *Chef Salad(2c)
 *WG Peanut Butter/Jelly Sandwich(2)
 Green Beans(1c)
 Tossed Salad w/Dressing(1c)
 Fruit(1c)

18
 *Vegetable Beef Soup((2c)
 *Chef Salad(2c)
 *WG Peanut Butter/Jelly Sandwich(2)
 Crackers
 Fruit(1c)
 WG Cinnamon Roll(1c)

21
 *WG Corndog(2c)
 *Chef Salad(2c)
 *WG Peanut Butter/Jelly Sandwich(2)
 Green Beans(1c)
 Fruit(1c)
 WG Cookie(1c)

22
 *Chick Fried Steak(2c)
 *Chef Salad(2c)
 *WG Peanut Butter/Jelly Sandwich(2)
 Mashed Potato(1c)
 Seasoned Broccoli(1c)
 Fruit(1c)
 WG Hot Roll(1c)

23
 WG Chicken Nuggets w/BBQ(2c)
 *Chef Salad(2c)
 *WG Peanut Butter/Jelly Sandwich(2)
 Quick Baked Potato(1c)
 Baby Carrot(1c)
 Fruit(1c)

24
 *WG Beef Nacho(2c)
 *Chef Salad(2c)
 *WG Peanut Butter/Jelly Sandwich(2)
 Lettuce/Tomato
 Corn(1c)
 WG Peach Cobbler(1c)

25
 *WG Hamburger on Bun(2c)
 *Chef Salad(2c)
 *WG Peanut Butter/Jelly Sandwich(2)
 Sandwich Salad Cup
 Potato Wedge(1c)
 Fruit(1c)

28
 *Spaghetti w/Meat Sauce(2c)
 *Chef Salad(2c)
 *WG Peanut Butter/Jelly Sandwich(2)
 Green Beans(1c)
 Fruit(1c)
 WG Hot Roll(1c)

29
 *WG Pepperoni Pizza (2c)
 *Ham Chef Salad (2c)
 *WG Peanut Butter/Jelly Sandwich(2)
 Tossed Salad w/Dressing(1c)
 Fruit(1c)
 WG Cookie(1c)

30
 *WG Turkey Wrap (2c)
 *Chef Salad(2c)
 *WG Peanut Butter/Jelly(2c)
 SSC
 Carrot Stick(1c)
 Fruit(1c)

31
 *Scrambled Eggs(1c)
 *Chef Salad(2c)
 *WG Peanut Butter/Jelly(2c)
 WG Biscuit(2c)
 Sausage Patty(1c)
 Fruit(1c)

