



#### School Information:



**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

Chicken Wrap **3**  
Baked Beans  
Tomatoes  
Applesauce  
Brownie

### Tuesday

Popcorn Chicken **4**  
Mashed Potatoes  
Corn  
Peaches  
Roll

### Wednesday

Spaghetti **5**  
Tossed Salad  
Pineapple & Mandarin Oranges

### Thursday

Soft Taco **6**  
Salsa  
Green Beans  
Oranges

### Friday

Grilled Cheese **7**  
Seasoned Potatoes  
Mixed Vegetables  
Banana

Pizza **10**  
Tossed Salad  
Tomatoes  
Mixed Fruit

Ham Sandwich **11**  
Sun Chips  
Carrots  
Juice 4U  
Mandarin Oranges  
Chocolate Chip Cookie

Beef & Cheese Tornadoes **12**  
Tater Tots  
Green Beans  
Peaches

Crispitos **13**  
Peas  
Carrots  
Bananas

**14**  
NO SCHOOL

**17**  
NO SCHOOL

Weiner Wrap **18**  
Tater Tots  
Peaches  
Rice Krispie Treat

Hamburger & Bun **19**  
French Fries  
Baked Beans  
Oranges

Hot Ham & Cheese **20**  
Seasoned Wedges  
Fresh Vegetables  
Mixed Fruit

**21**  
Pancakes  
Tater Tots  
Yogurt  
Strawberries & Bananas

Pizza **24**  
Tossed Salad  
Tomatoes  
Mixed Fruit

Chili Pie **25**  
Carrot Sticks  
Oranges  
Cinnamon Twists

Ham Sandwich **26**  
Sun Chips  
Carrots  
Juice 4U  
Applesauce

Steak Fingers **27**  
Mashed Potatoes  
Corn  
Pineapple  
Roll

**28**  
Nachos & Cheese  
Green Beans  
Juice 4U  
Peaches  
Oatmeal Cookie

