



**Nondiscrimination Statement:** This institution is an equal opportunity 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



Chicken Teriyaki Sub  
Baked Beans  
Coleslaw  
Orange Slices  
Milk  
Jell-O **1**

Popcorn Chicken  
Pasta Salad  
Superfood Salad  
Veggies w/ Hummus  
Applesauce Cup  
Milk **4**

Taco  
Refried Beans  
Guacamole  
Mandarin Oranges  
Milk  
Brownie **5**

French Toast Sticks  
Sausage Links  
Hashbrowns  
Veggies w/ Hummus  
Mixed Berry Cup  
Milk **6**

Chicken Sandwich  
Chili Roasted Sweet Potato  
Spinach Salad  
Pineapple  
Milk **7**

BBQ Chicken  
Sweet Potato Bread  
Carrots w/ Dip  
Kiwi  
Milk  
Pudding **8**

Pizza  
Roasted Corn  
Side Salad  
Mixed Fruit  
Milk **11**

Loaded Mac & Cheese  
Green Beans  
Carrots w/ Dip  
Grapes  
Milk **12**

Mandarin Orange Chicken  
Fried Rice  
Edamame  
Vegetable Medley  
Peach Cup  
Milk **13**

Pasta Bake w/ Breadstick  
Side Salad  
Roasted Cauliflower  
Orange Slices  
Milk  
Sugar Cookie **14**

Deli Sandwiches  
Chicken Noodle Soup  
Savory Carrots & French Fries  
Pineapple  
Milk  
Ice Cream **15**



Nachos  
Spinach Salad  
Refried Beans  
Mandarin Oranges  
Milk **19**

Fish Poppers  
Mac & Cheese  
Broccoli  
Veggies w/ Dip  
Grapes  
Milk **20**

Honey Glazed Ham w/ Roll  
Green Beans  
Mashed Potatoes  
Applesauce  
Milk  
Brownie **21**

French Toast Sticks  
Sausage Links  
Hashbrowns  
Carrots w/ Dip  
Peach Crisp  
Milk **22**

Bagel w/ Vegetable Soup  
Veggies w/ Dip  
Apple Slices  
Milk  
Strawberry Parfait **25**

Rondos  
Broccoli  
French Fries  
Mixed Fruit Cup  
Milk  
Rice Krispy Treat **26**

Hot Dog or Corndog  
Carrots w/ Dip  
Baked Beans  
Pineapple  
Milk **27**

Popcorn Chicken  
Roll  
Chili Roasted Sweet Potato  
Lima Beans  
Mixed Berry Cup  
Milk **28**

