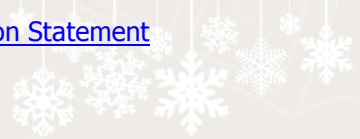




[USDA Nondiscrimination Statement](#)



**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 Nuggets, BBQ Rib Sandwich, Ham & Cheese Sandwich, Chef Salad, Yogurt box, Tossed salad, French Fries, Steamed Broccoli, Roll WG, Mandarin Orange, Apple, Apple Juice, Variety of Milk **3**

Chicken Filet Sandwich, Spicy Chicken Sandwich, Yogurt Box, Turkey & Cheese Sandwich, Chef Salad, Glazed Carrots, Baby Bakers, Orange/Pineapple, Grape Juice, Variety of Milk **4**

Chicken Fried Steak, Turkey Roast, Chef Salad, Yogurt Box, Mashed Potatoes, Green Beans, WG Roll, Gravy, Banana/Strawberry Cup, Apple Juice, Variety of Milk **5**

Hamburger, Cheeseburger, Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Sandwich Trimmings, Tater Tots, Pinto Beans, Grapes/Peach Cup, Grape Juice, Variety of Milk **6**

Pepperoni Pizza, Cheese Pizza, Corndog, Ham & Cheese Sandwich, Chef Salad, Yogurt box, Tossed Salad, Veggie Cup w/dip, Corn Sidekick/Apple, Chocolate Chip Cookie WG, Variety of Milk **7**

Popcorn Chicken, General TSO's Chicken w/Rice, Ham & Cheese Sandwich, Chef Salad, Yogurt box, Stir Fry Veggies, Tater Tots, Tossed Salad, WG Roll, Mandarin Oranges/Apple, Apple Juice, Variety of Milk **10**

Rotini, Chicken Filet, Turkey & Cheese Sandwich, Chef Salad, Yogurt Box, Baby Bakers, Corn on the Cob, Garlic Breadstick, Orange/Pineapple/Grape Juice, Variety of Milk **11**

Chicken Fried Steak, Chicken Strips, Chef Salad, Yogurt Box, Mashed Potatoes, Green Beans, WG Roll, Gravy, Banana/Strawberry Cup, Apple Juice, Variety of Milk **12**

Chicken Fajita, Crispito w/ queso, Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Lett/Tom Cup, Salsa, WG Chips, Refried Beans, Mexican Rice, Grapes/Peach Cup, Grape Juice, Variety of Milk **13**

Pepperoni Pizza, Cheese Pizza, Corndog, Ham & Cheese Sandwich, Chef Salad, Yogurt box, Tossed Salad, Veggie Cup w/dip, Corn Sidekick/Apple, Chocolate Chip Cookie WG, Variety of Milk **14**

Hot Wings, Fish Sandwich, Chef Salad, Ham & Cheese Sandwich, Yogurt Box, Tossed Salad, Celery & Carrot Sticks, Ranch Potato Wedge, WG Roll, Mandarin Oranges/Apples, Apple Juice, Variety of Milk **17**

Chicken Alfredo, BBQ Rib Sandwich, Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Peas & Carrots, Steamed Broccoli Tossed Salad, Garlic Breadstick, Oranges/Pineapple/Grape Juice, Variety of Milk **18**

Chicken Fried Steak, Turkey Roast, Chef Salad, Yogurt Box, Mashed Potatoes, Green Beans, WG Roll, Gravy, Banana/Strawberry Cup, Apple Juice, Variety of Milk **19**

Pepperoni Pizza, Cheese Pizza, Corndog, Ham & Cheese Sandwich, Chef Salad, Yogurt box, Tossed Salad, Veggie Cup w/dip, Corn Sidekick/Apple, Chocolate Chip Cookie WG, Variety of Milk **20**

