



School Information:

Edgewood- CNP Office 423-3096
 Hall Kent CNP Office 423-2434
 Shades Cahaba CNP Office 423-2551



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

Grab and Go Plates
Chicken Salad Fruit Plate
Feature Salad
Chef Salad
Tri Salad Plate
Deli Box Meal

Tuesday

Wednesday

Thursday

Friday

1

PREPAY MEALS
<http://www.family.titank12.com/92M7CZ>

2

3

4

7

8

Chicken Tenders
 Roll
 Roasted Red Potato Wedges
 Green Beans
 Side Salad
 Fruit Cup

9

Cheeseburger or
 Chicken Alfredo
 Steamed Broccoli
 Glazed Carrots
 Caesar Salad
 Fruit Cup

10

Pizza or
 Cheese Sticks
 Sweet Potato Tots
 Corn
 Side Salad
 Fruit Swirl Cup

11

14

Chicken Sandwich or
 Hotdog
 Baked Fries
 Baked Beans
 Veggie Sticks with Dip
 Fruit Cup

15

Crispitos
 Salas/Sourcream
 Mexi Beans
 Fiesta Corn
 Side Garden Salad
 Fruit Cup

16

Country Steak
 Or Baked Chicken
 Steamed Brown Rice
 Peas and Carrots
 Side Garden Salad
 Fruit Cup

17

Spaghetti Lunch
 Bread Stick
 Steamed Broccoli
 Steamed Baby Carrots
 Side Garden Salad
 Fruit Cup

18

Pizza
 Or Deli Sub
 Baked Half Potato
 Corn
 Side Garden Salad
 Fresh Fruit Mix

21

Cheese Sticks
 Or Chicken Fingers
 Green Beans
 Seasoned Roasted Potatoes
 Side Salad
 Fruit Cup

22

Taco Bar
 Beef or Chicken
 Refried Beans
 Lettuce, Tomato, Cheese, Sour
 Cream,
 Fresh Fruit Cup

23

Poppy Seed Chicken or
 Beef Tips and Rice
 Turnip Greens
 Sweet Potatoes
 Roll
 Side Salad/Fruit Cup

24

Brunch
 Pancakes OR
 Sausage biscuit
 Cinnamon Apples
 Hash Brown Patty
 Fresh Fruit Medley

25

Pizza or
 Flatbreads
 Baked Half Potato
 Corn
 Side Garden Salad
 Fresh Fruit Mix

28

Hamburger
 Or Hotdog
 Baked Fries
 Baked Beans
 Lettuce Tomato Pickle/ Relish
 Fruit Cup

29

Crispitos or Deli Subs
 Corn
 Baked Potato
 Mexi Beans
 Side Garden Salad
 Fruit Cup

30

Chicken Poppers or
 Roast Beef Sandwich
 Mashed Potatoes
 Peas and Carrots
 Side Garden Salad
 Fruit Cup

31

Chicken Parmesan
 Or Lasagna Rolls
 Steamed Italian Veggies
 Cinnamon Apples
 Side Garden Salad
 Fresh Fruit Cup