



Prepackaged salads offered daily as 2nd lunch option
Payments can be made online in skyward.



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

2

No School

3

Bosco
 Marinara
 Sweet Potato Fries
 Mixed Fruit
 Milk

4

Quesadilla
 Salsa
 Black Bean Salad
 Peaches
 Milk

5

Hamburger
 French Fries
 Peas
 Apple
 Milk

6

Cheese Flat Bread
 Marinara
 Salad
 Banana
 Milk

9

Chicken Tenders
 French Fries
 Peas
 Mix fruit
 Milk

10

Corn Dog
 Baked Beans
 Baked Chips
 Pear
 Milk

11

Ham Sandwich
 String Cheese
 Fresh Broccoli
 Mandarin Oranges
 Milk

12

Tangerine Chicken
 White Rice
 Egg Roll
 Carrots
 Sidekick Slushy / Milk

13

Stuffed Crust Pizza
 Salad
 Pineapple
 Milk

16

Buffalo Chicken Wrap
 Celery w/ Ranch
 Baked Chips
 Mix Fruit
 Milk

17

Nacho w/ Cheese
 Refried Beans
 Orange
 Milk

18

Fish Shapes
 Mac & Cheese
 Roll
 Carrots
 Side Kick Slushy/ Milk

19

Chicken Patty on Bun
 French Fries
 Peas
 Apple
 Milk

20

French Bread Pizza
 Salad
 Cookie
 Banana
 Milk

23

French Toast
 Sausage
 Tator Tots
 Orange Juice
 Milk

24

Chicken nuggets
 Fresh Broccoli w/ Ranch
 Smiles
 Mandarin Oranges
 Milk

25

Hot Dog
 Smiles
 Green Beans
 Mandarin Oranges

26

Sack Lunch
 Turkey Sandwich
 Baked Chips
 Carrots w/ Ranch
 Apple Sauce / Milk

27

No School

30

Bosco
 Marinara
 Sweet Potato Fries
 Mix Fruit
 Milk

