



**Prepackaged salads offered daily as 2<sup>nd</sup> 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

1

2

3

4

5

8  
 Cheeseburger  
 French Fries  
 Broccoli  
 Pineapple  
 Milk

9  
 Pizza  
 Peas  
 Mandarin Oranges  
 Milk

10  
 Popcorn Chicken Bowl  
 Corn  
 Apricots  
 Roll  
 Milk

11  
 Chili Frito Bowl  
 Corn Muffin  
 Carrots Sticks  
 Mixed Fruit  
 Milk

12  
 Bosco Sticks  
 Tomato Soup  
 Celery Stick  
 Pears  
 Milk

15  
 No School

16  
 Nacho Supreme  
 Black Bean Salad  
 Mixed Fruit  
 Salsa  
 Milk

17  
 Fried Rice w/ Ham  
 Egg Roll  
 Broccoli  
 Spiced Apples  
 Milk

18  
 Meatball Sub  
 Fries  
 Green Beans  
 Apple Sauce  
 Milk

19  
 Quesadilla  
 Refried Beans  
 Salsa  
 Pear  
 Milk

22  
 Chicken Nuggets  
 Cheese Stick  
 Roll  
 Baked Beans  
 Pear and Milk

23  
 Biscuit and Gravy  
 Hash browns  
 Sausage Link  
 Orange Juice  
 Banana and Milk

24  
 Chicken Patty  
 Mashed Potato w/ Gravy  
 Roll  
 Apricots  
 Peas and Milk

25  
 Mac & Cheese w/Ham  
 Roll  
 Broccoli  
 Apple crisp  
 Milk

26  
 Cheese Flat Bread  
 Marinara  
 Carrots  
 Cookie  
 Banana Milk

29  
 Chili Frito Bowl  
 Carrot Sticks  
 Corn Muffin  
 Peaches  
 Milk

30  
 Cheeseburger  
 French Fries  
 Baked Beans  
 Mixed Fruit  
 Milk

31  
 Ham & Cheese  
 Sandwich  
 Chicken Noodle Soup  
 Celery Stick  
 Pineapple and Milk

