



**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  
 Quesadilla  
 Black Bean Salad  
 Mandarin Oranges  
 Milk

9  
 BBQ Chicken  
 Flatbread  
 Green Beans  
 Peaches  
 Milk

10  
 Bosco  
 Marinara  
 Sweet Potato Fries  
 Apple Sauce  
 Milk

11  
 Popcorn Chicken Bowl  
 Mashed Potato w/ Gravy  
 Roll w/ Margarine  
 Mix Fruit  
 Milk

12  
 Cheese Flatbread  
 Marinara  
 Broccoli  
 Pineapple  
 Milk

15  
 No School

16  
 Cheeseburger  
 Sweet Potato Fries  
 Pears  
 Milk

17  
 Nachos w/ Cheese  
 Salsa/ Sour Cream  
 Refried Bean  
 Mix Fruit  
 Milk

18  
 Pork Patty  
 Mashed Potato W/ Gravy  
 Roll w/ Margarine  
 Peaches  
 Milk

19  
 Stuffed Pizza  
 Salad  
 Pineapple  
 Cookie  
 Milk

22  
 French Toast  
 Tator Tots  
 Sausage  
 Orange Juice  
 Milk

23  
 Chicken and Noodle  
 Roll w/ Margarine  
 Broccoli  
 Pear  
 Milk

24  
 Fish Shapes  
 Mac N' Cheese  
 Roll w/ Margarine  
 Carrots  
 Side Kick Slushy / Milk

25  
 Frito Chili Bowl  
 Corn Muffin  
 Sour Cream  
 Celery  
 Peaches / Milk

26  
 French Bread Pizza  
 Corn  
 Cinnamon Apples  
 Milk

29  
 Chicken Patty on Bun  
 Baked Beans  
 Green Beans  
 Mandarin Oranges  
 Milk

30  
 Spaghetti w/ Meat  
 String Cheese  
 Salad / Texas Toast  
 Mix Fruit  
 Milk

31  
 Grilled Cheese  
 Tomato Soup  
 Carrots  
 Orange  
 Milk

