



School Information:
 Student lunch: \$2.45
 Adult lunch: \$3.50



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

No School 2

Tomato Soup/ with Tuna Sandwich 3
 PB&J Sandwich
 Baked Potato
SALAD BAR
 Carrots & Celery Sticks
 Fresh Fruit/Fruit Juice and Milk

Italian Sub 4
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Romaine Salad & Tomatoes
 Fresh Fruit or Fruit Juice
 Milk

Fish 5
 PB&J Sandwich
 Baked Potato
SALAD BAR
 Cole Slaw & Broccoli
 Fresh Fruit or Fruit Juice
 Milk

Chicken Nuggets w/ Roll 6
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Tomato, Cucumber Salad & Carrots
 Fresh Fruit/ Fruit Juice and Milk

BLT Chicken Wrap 9
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Pasta Salad & Carrots
 Fresh Fruit or Fruit Juice
 Milk

Spaghetti and Meat Sauce 10
 PB&J Sandwich
 Baked Potato
SALAD BAR
 Spinach & Stewed Tomato
 Fresh Fruit or Fruit Juice
 Milk

Turkey, Bacon, and Cheese Panini 11
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Broccoli & Fries
 Fresh Fruit/Fruit Juice and Milk

Pork BBQ 12
 PB&J Sandwich
 Baked Potato
SALAD BAR
 Cole Slaw & Baked Beans
 Fresh Fruit or Fruit Juice
 Milk

Chicken Patty 13
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Tomato, Cucumber Salad & Broccoli
 Fresh Fruit/Fruit Juice and Milk

Sweet & Sour Pork w/ Rice 16
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Peas & Carrots
 Fresh Fruit or Fruit Juice
 Milk

Calzones 17
 PB&J Sandwich
 Baked Potato
SALAD BAR
 Corn & Green Beans
 Fresh Fruit or Fruit Juice
 Milk

Chicken Po-Boy 18
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Spinach & Baked Beans
 Fresh Fruit or Fruit Juice
 Milk

Turkey, Ham & Cheese Sandwich 19
 PB&J Sandwich
 Baked Potato
SALAD BAR
 Greens & Tomatoes
 Fresh Fruit/Fruit Juice and Milk

Chicken Nuggets / Roll 20
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Carrots & Broccoli
 Fresh Fruit or Fruit Juice
 Milk

Meatball Sub 23
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Romaine Salad & Fries
 Fresh Fruit or Fruit Juice
 Milk

Turkey Taco Wraps 24
 PB&J Sandwich
 Baked Potato
SALAD BAR
 Refried Beans & Broccoli
 Fresh Fruit or Fruit Juice
 Milk

Ham & Cheese Panini 25
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Pasta Salad & Carrots & Peas
 Fresh Fruit or Fruit Juice
 Milk

Pizza 26
 PB&J Sandwich
 Baked Potato
SALAD BAR
 Spinach Salad & Stewed Tomato
 Fresh Fruit or Fruit Juice
 Milk

Chicken Patty 27
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Ginger Carrots & Fries
 Fresh Fruit or Fruit Juice
 Milk

Pork BBQ 30
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Carrot Slaw & Baked Beans
 Fresh Fruit or Fruit Juice
 Milk



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