



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



Hot Turkey Sandwich
 PB&J Sandwich **1**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Green Beans & Corn
 Fresh Fruit or Fruit Juice
 Milk

Chicken Nuggets
 PB&J Sandwich **2**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Broccoli & Carrots
 Fresh Fruit or Fruit Juice
 Milk

Cheeseburgers / Mushroom
 PB&J Sandwich **5**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Fries & Baked Beans
 Fresh Fruit or Fruit Juice
 Milk

Hot Italian Sub
 PB&J Sandwich **6**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Romaine Salad & Sweet Potato
 Fresh Fruit or Fruit Juice
 Milk

Veg Beef Soup / PB&J
 PB&J Sandwich **7**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Broccoli & Carrots
 Fresh Fruit or Fruit Juice
 Milk

Spaghetti/Meat Sauce/Roll
 PB&J Sandwich **8**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Romaine Salad & Corn
 Fresh Fruit or Fruit Juice
 Milk

Chicken Patty
 PB&J Sandwich **9**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Broccoli & Carrots
 Fresh Fruit or Fruit Juice
 Milk

Tacos / L&T
 PB&J Sandwich **12**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Refried Beans & Stewed Tomato
 Fresh Fruit or Fruit Juice
 Milk

Stir Fry/Rice
 PB&J Sandwich **13**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Broccoli & Corn
 Fresh Fruit or Fruit Juice
 Milk

Lasagna/Roll
 PB&J Sandwich **14**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Broccoli & Carrots
 Fresh Fruit or Fruit Juice
 Milk

Pork BBQ
 PB&J Sandwich **15**
 Baked Potato
 Salad Bar
 Broccoli Salad & Cole Slaw
 Fresh Fruit or Fruit Juice
 Milk

Chicken Nuggets
 PB&J Sandwich **16**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Fries & Carrots
 Fresh Fruit or Fruit Juice
 Milk

Teacher Work Day
No School **19**

Cheese or Pepperoni Pizza
 PB&J Sandwich **20**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Broccoli & Carrots
 Fresh Fruit or Fruit Juice
 Milk

Chicken Noodle Soup w/
 Grilled Cheese Sandwich **21**
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Peas & Green Beans
 Fresh Fruit or Fruit Juice and Milk

Chicken Po Boy *new* **22**
 PB&J Sandwich
 Baked Potato
 Salad Bar
 Corn & Green Beans
 Fresh Fruit or Fruit Juice
 Milk

Chicken Patty
 PB&J Sandwich **23**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Fries & Sweet Potatoes
 Fresh Fruit or Fruit Juice
 Milk

Bacon Cheeseburgers
 PB&J Sandwich **26**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Fries & Green Beans
 Fresh Fruit or Fruit Juice
 Milk

Chicken Alfredo/Roll
 PB&J Sandwich **27**
 Baked Potato
 Cobb or Chicken Caesar Salad
 Broccoli & Carrots
 Fresh Fruit or Fruit Juice
 Milk

Tomato Soup w/Grilled Ham
 And Cheese Sandwich **28**
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Romaine Salad
 Fresh Fruit or Fruit Juice and Milk

