

The following schools are approved for breakfast and lunch at **NO CHARGE**. **Bowers Elementary, Midway Elementary, Ridgeview Elementary, Harriman Middle, Rockwood Middle.**



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

Served Daily
Entrée / Leafy Green Salad
Fresh Fruit
Chilled Fruit
Grab and Go Meal
Milk variety

Tuesday

Lunch Prices are as follow:
Elementary Full Pay \$2.00
Red: \$ 0.00
Middle and High Schools
\$2.25 Red. \$0.00

Wednesday

Steak and Gravy **1**
Chicken Sandwich
Hot Roll
Whipped Potatoes
Southern Style Green Beans

Thursday

Crispito **2**
Hot Dog with Bun
Homemade Chili
Garden Fresh Slaw
Sweet Potato Fries

Friday

Pizza **3**
Vegetable Beef Soup w/
Toasted Cheese Sandwich
Carrot Sticks with Dip
Leafy Green Salad

Chicken Nuggets w/Roll **6**
Grab and Go Meal
Whipped Potatoes
Black Eyed Peas

Corn Dog Nuggets **7**
Steak Sandwich
Batter Bites
Lettuce, Tomato, Pickle

Chicken Pot Pie **8**
Turkey Slider with Bacon
Oven Browned Potatoes
Steamed Broccoli

Chicken Sandwich **9**
Meatball Sub
Southern Style Green Beans
Baked Sweet Potato

Pizza **10**
Santa Fe Soup with Tortillas
Steamed Vegetable Medley
Leafy Green Salad

Chicken Sliders **13**
Grab and Go Meal
Potato Wedges
Carrot Sticks with Dip

Beef Nacho Grande **14**
Rice Bowl with Nuggets
Vegetable Egg Roll
Seasoned Green Peas

Chicken Tenders w/Roll **15**
Fish with Hushpuppies
Pinto Beans
Turnip Greens
Garden Fresh Slaw

Lasagna w/ Meat Sauce **16**
Grilled Bacon Chicken Sandu
Lettuce, Tomato, Pickle
Southern Style Green Beans
Spiced Apples

Pizza **17**
Chicken Noodle Soup
with Toasted Cheese
Steamed Broccoli
Veggie Pickups with Dip

No School **20**

Chicken Sandwich **21**
Philly Cheese Sandwich
Tator Tots
Lettuce, Tomato, Pickle

Tacos **22**
Chicken Flatbread Melt
Refried Beans
Buttered Corn
Leafy Green Salad

Chicken Nuggets **23**
Ham and Cheese Sandwich
Hot Roll
Sweet Potatoes
Steamed Broccoli

Pizza **24**
Cheesy Macaroni
Southern Style Green Beans
Leafy Green Salad

Chicken Tenders W/Roll **27**
Grab and Go Meal
Whipped Potatoes
Steamed Carrots

Hamburger on Bun **28**
Cheese Sticks with Dip
Baked Beans
Batter Bites
Lettuce, Tomato, Pickle

This institution is an equal opportunity provider.

Menus are subject to change

