



This institution is an equal opportunity provider
Menus are subject to change



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



Bagel 4
Juice
Low Fat Cream Cheese

Cheese Stick 5
Chex Mix

Muffin 6
Juice

No Program 7

No Program 1

No Program 8

Muffin 11
Juice

Pop Tart 12
Cheese Stick

Yogurt 13
Peaches

Cheese Stick 14
Chex Mix

Cereal/ Milk 15
PB & J Crustable, apple, carrot sticks, choice of milk

No Program 18

Cheese Stick 19
Chex Mix

Muffin 20
Juice

Pop Tart 21
Cheese Stick

Cereal/ Milk 22
PB & J Crustable, apple, carrot sticks, choice of milk

Muffin 25
Juice

Pop Tart 26
Cheese Stick

Yogurt 27
Peaches

Cheese Stick 28
Chex Mix

