

November 2018

21st Century Afternoon Program

LUNCH



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
Juice
Low fat Cream Cheese **5**

Cheese Stick
Fruit Bar **6**

Muffin
Juice **7**

Pop Tart
Cheese Stick **8**

No School **9**

Muffin
Juice **12**

Pop Tart
Cheese Stick **13**

Yogurt
Peaches **14**

Fruit Bar
Cheese Stick **15**

Cereal and Milk
PB & J Crustable
Carrot Sticks
Delicious Apples
Choice of Milk **16**

Bagel
Juice
Low fat Cream Cheese **19**

Cheese Stick
Fruit Bar **20**

No School **21**

No School **22**

No School **23**

Muffin
Juice **26**

Pop Tart
Cheese Stick **27**

Yogurt
Peaches **28**

Fruit Bar
Cheese Stick **29**

Cereal and Milk
PB & J Crustable
Carrot Sticks
Delicious Apples
Choice of Milk **30**