



This institution is an equal opportunity provider  
Lunch is free to students only  
Adult price is \$ 3.75  
Menus are subject to change



#### Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
  - Be active together as a family.
  - Physical activity should be fun and offer variety.
- Students have a choice of Skim White milk, Choc Skim milk, Strawberry Skim milk, 1% White Milk



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1

1  
Chicken Nuggets, Roll  
Fajita Chicken Salad  
Garden fresh salad, baked beans, apple slices  
Choice of milk

2  
Ham and Cheese Sandwich  
Pasta Chicken Salad  
Garden fresh salad, carrot sticks, Banana  
Choice of milk

3  
Corn Dog  
Garden fresh Salad, Potato Wedges.  
Pears  
Choice of milk

4

7  
Chicken Sandwich  
Garden fresh salad, California Blend Veggie, oranges, Choice of milk

8  
Taco Tuesday  
Fajita Chicken Salad  
Garden fresh salad, Refried Beans, Pears  
Choice of milk

9  
Meatloaf, Mashed Potatoes  
Pasta Chicken Salad  
Garden fresh salad, Roasted carrots. Banana  
Choice of milk

10  
Pizza  
Garden fresh salad, Broccoli, Pineapple  
Choice of milk

11

14  
Calzone  
Garden fresh salad, Peas, Apple slices  
Choice of milk

15  
Hamburger  
Fajita Chicken Salad  
Garden fresh salad, potato wedges, oranges  
Choice of milk

16  
PB & J Crustable  
Pasta Chicken Salad  
Garden fresh salad, Hummus/Celery Sticks  
Banana, Choice of milk

17  
Dorito's Loco's  
Garden fresh salad, Corn, Peaches  
Choice of milk

18

21  
Ripper  
Garden fresh salad, Green Beans, Mixed Fruit  
Choice of milk

22  
Chicken Nuggets, Roll  
Garden fresh salad, Baked Beans, Apple Slices  
Choice of milk

23  
Ham and Cheese Sandwich  
Carrot sticks, Banana  
Choice of milk

24

25

28

29

30

31

