



**School Information:** All grain foods are 50% whole grain to meet USDA regulations. USDA is an equal opportunity provider and employer! **Milk with every meal!**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.  
\*5th-12th have a **second entrée choice!**  
9th-12th have a third entrée choice of pizza every day!

### Monday



7

NO SCHOOL!

PD DAY FOR STAFF

### Tuesday

1

NO SCHOOL!

### Wednesday

2

NO SCHOOL!

### Thursday

3

NO SCHOOL!

### Friday

4

NO SCHOOL!

7

Pepperoni pizza

\*Chicken nuggets w/bread

Mixed vegetables

Tossed salad w/ranch

Fresh fruit cups

8

Beef tacos w/ cheese

\*Mini corndogs

Refried beans

Lett/tom/salsa

frozen fruit cup/cookie

9

Pizza cheese crunchers

\*BBQ sandwich

Marinara sauce

Seasoned corn/ Cole slaw

Diced peaches

10

Chicken alfredo w/hot roll

\*Deli turkey sandwich

Seasoned green beans

Tossed salad w/ranch

Mixed fruit

11

14

Hamburger

\*Chicken sandwich

French fries

Lett/tom/pickle/mayo/must/ket

Diced pears

15

Chicken fajitas

\*Mini corndogs

Lett/tom/salsa

Pinto beans

Orange wedges/ wacky cake

16

Breaded steak fingers/roll

\*Chicken tenders w/roll

Mashed potatoes w/gravy

Tossed salad w/ ranch

Frozen fruit cup

17

Cheesy beefy nachos

\*Pepperoni pizza

Tossed salad w/ ranch

Green beans

Mandarin oranges

18

Deli turkey sandwich

\*Cheese burger

Raw carrots w/ranch

Lett/tom/pick/mayo/must/ketch

Baked chips/ Fresh fruit cup

21

Mexican chicken

\*Round pizza

Mixed vegetables

Tossed salad w/ ranch

Orange wedge/ Cookie

22

Chicken nuggets w/roll

\*Pizza quesadilla

Sweet potato crunch

Seasoned green beans

Strawberry cup

23

Tornados w/cheese toast

\*Cheeseburger

Baked beans

Raw vegetable strips w/ranch

Diced pears

24

Cherry blossom chicken

\*Egg roll

Fried rice

Peas & carrots

Applesauce / fortune cookie

25

Fish sticks

\*Chicken tenders

Hush puppies / French fries

Cole slaw / Pickle wedge

Mixed fruit

28

Sausage pizza

\*Cheese sticks w/ marinara

Mixed vegetables

Tossed salad w/ ranch

Apple wedge w/ Carmel

29

Chicken drummies w/roll

\*Pizza cheese crunchers/marina

Sweet potato crunch

Seasoned green beans

Strawberries & bananas

30

Meat loaf w/roll

\*Popcorn chicken w/roll

Mashed potatoes w/ gravy

Tossed salad w/ranch

Mixed fruit

31

Grilled chicken sandwich

\* Cheeseburger

Smiley friesw/ketchup

Carrot & celery stick w/ranch

Lett/tom/pickle/ fresh fruit cup

