



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!



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.

Monday



Mexican chicken **6**
Mixed vegetables
Tossed salad w/ ranch
Orange smiles
Cookie

Sausage pizza **13**
Mixed vegetables
Tossed salad w/ ranch
Apple wedge w/ caramel

20
MANAGER CHOICE

27
NO SCHOOL

Tuesday



Chicken nuggets **7**
Hot roll
Sweet potato crunch
Seasoned green beans
Strawberry cup

Chicken drummies **14**
Hot roll
Sweet potato crunch
Seasoned green beans
Strawberries & bananas

21
MANAGER CHOICE

28
NO SCHOOL

Wednesday

Popcorn chicken w/roll **1**
Steamed broccoli w/ cheese
Tossed salad w/ranch
Diced pears

Tornados **8**
Cheese toast
Baked beans
Raw vegetable strips/ ranch
Diced peaches

Spaghetti **15**
Hot roll
Seasoned corn
Steamed carrots
Fresh fruit cup

22
MANAGER CHOICE

29
NO SCHOOL

Thursday

Veg. beef soup/ crackers **2**
Cheese toast
Raw vegetable strips / ranch
Cinnamon roll
Frozen fruit cup

Asian chicken **9**
Fried rice
Peas & carrots
Applesauce cup
Fortune cookie

Grilled chicken **16**
Smiley fries w/ ketchup
Raw veg. strips w/ ranch
Let/tom/pickle
Fresh fruit cup

23
SACK LUNCH
LAST DAY OF SCHOOL

30
NO SCHOOL

Friday

Hotdog **3**
Emoji fries
Coleslaw
Fresh fruit cups
Rice Krispy treat

Fish sticks / tartar sauce **10**
Hush puppies
French fries
Cole slaw/ pickle wedge
Mixed fruit

Crispito **17**
Cheese toast
pinto beans
Tossed salad w/ ranch
Diced pears

24
NO SCHOOL

31
NO SCHOOL