

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.



Menu subject to substitutions. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Salad bar is offered to all students at lunch. Water and Milk are sold during the school day. Snack bar is open after school. Please be sure to keep your student's account positive at all times. Let me know if you have any questions. Thanks, Debbie ☺



This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday



Pizza Day
Carrots
Peaches
Milk and Jello
Salad Bar **1**

Spaghetti
Garlic Bread
Broccoli and Bananas
Milk
Salad Bar **4**

Grilled Cheese Sandwich
Carrots
Peaches
Milk
Salad Bar **5**

Corndogs
Baked Fries
Pears
Milk
Salad Bar **6**

BBQ Chicken Sandwich
Carrot Stix
Apple Slices
Milk
Salad Bar **7**

Pizza Day
Corn
Peaches
Milk and Jello
Salad Bar **8**

11
Staff Development Day
No School

12
Sub Sandwich
Bananas
Carrot Stix
Milk
Salad Bar

13
Mini Corndogs
Baked Fries
Applesauce
Milk
Salad Bar

14
Chicken and Rice
Burritos
Broccoli
Pears
Milk and Salad Bar

15
Pizza Day
Carrots
Peaches
Milk and Jello
Salad Bar

18
President's Day
No School

19
Hotdogs
Carrots
Bananas
Milk
Salad Bar

20
Chicken Nuggets
Corns
Pears
Milk
Salad Bar

21
Orange Chicken
Carrots
Orange Slices
Milk
Salad Bar

22
Pizza Day
Broccoli
Peaches
Milk and Jello
Salad Bar

25
Mac-N-Cheese
Chili
Bananas
Milk
Salad Bar

26
Bean & Cheese Burrito
Spanish Rice
Carrot Stix and Pears
Milk
Salad Bar

27
Corndogs
Baked Fries
Applesauce
Milk
Salad Bar

28
BBQ Beef Sandwich
Peaches
Carrots
Milk
Salad Bar

