



School Information: Nutritious lunch with next day breakfast provided free to anyone 18 and under. Milk variety must be taken with both meals.



Nutrition Tip: Yogurt can be eaten in lots of fun ways. It can be made into a dip for fruits or veggies, used as a base for sauces or substituted for sour cream to top off your taco or baked potato!



Reference: USDA MyPlate

Monday



Tuesday

Wednesday

Thursday

Friday

French Toast, fruit, milk variety **1**

Cheeseburger, Chips, Carrots, fruit cup, milk variety

Cereal, fruit, milk variety **2**

Chicken Nuggets, mashed pot., fruit, milk variety

Chocolate Doughnuts, fruit, milk variety **3**

Walking Taco, Tostitos chips, lettuce, salsa, fruit, milk variety

Pop tarts, fruit, milk variety **4**

Turkey Sandwich, lettuce, tomato, fruit, milk variety

Pop tarts, fruit, milk variety **7**

PB&J Uncrustable, chips, sweet peppers & ranch, fruit, milk variety

Chocolate Crescents, fruit, milk variety **8**

Three Cheese Calzone, marinara, fruit, milk variety

Cereal, fruit, milk variety **9**

Chicken Wrap, Lettuce & Tomato, fruit, milk variety

Mini Blueberry Waffles, fruit, milk variety **10**

Crispitos, cheese dip, fresh carrots, fruit, milk variety

Banana Bread, fruit, milk variety **11**

Pizza, corn, fruit, milk variety

Cereal, fruit, milk variety **14**

Chicken Sandwich, baked beans, fruit, milk variety

Mini Cinnis, fruit, milk variety **15**

Spaghetti, breadstick, green beans, fruit, milk variety

Mini Pancakes, fruit, milk variety **16**

BBQ pork Sand., pickles, corn, fruit, milk variety

Powder doughnuts, fruit, milk variety **17**

Chicken Nachos, lettuce, salsa, fruit, milk variety

Pop tarts, fruit, milk variety **18**

Orange Chicken, fried rice, fresh carrots, fruit, milk variety

Apple Strudel, fruit, milk variety **21**

Spaghetti, breadstick, green beans, fruit, milk variety

Cereal, fruit, milk variety **22**

Chicken Nuggets, mashed pot., fruit, milk variety

French Toast, fruit, milk variety **23**

Cheeseburger, Chips, Carrots, fruit cup, milk variety

Chocolate doughnuts, fruit, milk variety **24**

Walking Taco, Tostito chips, lettuce, salsa, fruit, milk variety

Pop tarts, fruit, milk variety **25**

Turkey Sandwich, lettuce, tomato, fruit, milk variety

Chocolate Crescents, fruit, milk variety **28**

Three Cheese Calzone, marinara, fruit, milk variety

Cereal, fruit, milk variety **29**

Chicken Wrap, lettuce & Tomato, fruit, milk variety

Pop tarts, fruit, milk variety **30**

PB&J Uncrustable, chips, sweet peppers & ranch, fruit, milk variety

