



Milk is served with every meal

Menu is subject to change



Nutrition Tip: Make half your plate veggies and fruits.

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

BBQ Pork on WG Bun
Sweet Potato Fries
Pears **1**

Beef & Spanish Rice
Refried Beans
Fruit Cocktail **2**

Scalloped Potatoes & Ham
Bread & Butter
Pineapple **3**

Cheese Pizza
Salad w/ Ranch
Mandarin Oranges **4**

Chicken Alfredo
Broccoli
Tropical Fruit **7**

Meatball Sub
Baked Beans
Applesauce **8**

Turkey Roast
Mashed Potatoes
Dinner Roll
Fruit Cocktail
Apple Crisp **9**

Hamburger on Bun
Sweet Potato Fries
Peaches **10**

Pancake / Syrup
Egg Patty
Hash brown
Juice **11**

NO SCHOOL **14**

Breaded Pork Steak
Mashed Potatoes
Bread & Butter
Mandarin Oranges **15**

Corn Dog
French Fries
Applesauce **16**

Spaghetti w/ Meat sauce
Salad w/ Ranch
Peaches **17**

Fish Sandwich
Carrots
Pineapple **18**

Chicken Pot Pie over
Mashed Potatoes
Dinner Roll
Fruit Cocktail **21**

Sloppy Joe on WG Bun
Baked Beans
Mandarin Oranges **22**

Ham Steak
Glazed Carrots
Dinner Roll
Tropical Fruit **23**

Grilled Chicken on Bun
Potato Wedge
Pears **24**

NO SCHOOL **25**

Mac & Cheese
Green Beans
Peaches
Pumpkin Bar **28**

Orange Chicken over
Rice
Salad w/ Ranch
Applesauce **29**

BBQ Rib Patty
Southwest Lentils
Fruit Cocktail **30**

Swiss Steak
Mashed Potatoes
Bread & Butter
Pineapple **31**

