



School Information: Milk is served with every meal.
This school is an equal opportunity provider.



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

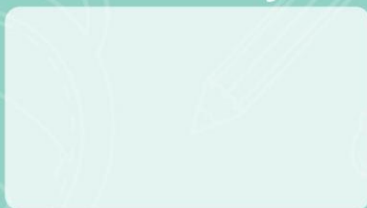
Monday

Tuesday

Wednesday

Thursday

Friday



Grilled Chicken on WG Bun **1**
Sweet Potato Fries
Pears

Cheese Pizza **2**
Mixed Salad w/ Ranch
Tropical Fruit

BBQ Pork Rib **5**
WG Bun
Baked Beans
Pineapple

Ham Steak **6**
Carrots
Fruit Cocktail
Dinner Roll

Hamburger Patty on **7**
WG Bun
French Fries
Apple Sauce

Turkey Tetrazzini **8**
Green Beans
Tropical Fruit

Italian Dippers **9**
Spaghetti Sauce
Mixed Salad w/ Ranch
Pears

Scalloped Potatoes **12**
and Ham
Peaches
Dinner Roll

BBQ Beef on **13**
WG Bun
French Fries
Mandarin Oranges

Beef and Spanish Rice **14**
Refried Beans
Apple sauce

Orange Chicken **15**
Over Rice
Broccoli
Pineapple

Fish Sandwich on **16**
WG Bun
Sweet Potato Fries
Tropical Fruit

19
NO SCHOOL

Sloppy Joe on **20**
WG Bun
Baked Beans
Mandarin Oranges

Roast Turkey **21**
Mashed Potatoes
Peaches
Dinner Roll

Corn Dog **22**
Sweet Potato Fries
Pears

Macaroni and Cheese **23**
Green Beans
Pineapple

Chicken Alfredo **26**
Broccoli
Tropical Fruit

Chili Crispito **27**
Refried Beans
Apple Sauce

Meatball Sub **28**
French Fries
Peaches

Breaded Pork Steak **29**
Carrots
Pears
Bread & Butter

30
NO SCHOOL