



School Information:

This institution is an equal opportunity provider



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.



Monday

Spaghetti & Meat Sauce **2**
Romaine Salad
Mixed Fruit

Tuesday

Popcorn Chicken **3**
Mashed Potatoes
Corn
Pears
Roll

Wednesday

Hot Ham & Cheese **4**
Potato Wedges
Fresh Vegetables
Applesauce

Thursday

Corn Dog **5**
Baked Beans
Tater Tots
Oranges
Chocolate Chip Cookie

Friday

Nachos & Cheese **6**
Green Beans
Carrot Sticks
Banana

Pizza **9**
Carrot sticks
Ranch dressing
Rice Krispie squares

Soft Taco **10**
Salsa
Peas
Mixed Fruit
Brownie

Biscuits & Gravy **11**
Sausage Links
Tater Tots
Pineapple & Mandarin Oranges

Stromboli **12**
Sun chips
Fresh vegetables
Banana
Rice Krispie treat

Sack Lunch **13**
Picnic at Pumpkin Patch

Hamburger Gravy **16**
Mashed Potatoes
Green Beans
Peaches
Roll

Weiner Wrap **17**
Tater Tots
Fresh Vegetables
Apple Slices

NO SCHOOL **18**

NO SCHOOL **19**

NO SCHOOL **20**

Turkey Sandwich **23**
Sun Chips
Fresh Vegetables
Apples
Oatmeal Cookie

BBQ Meat Balls **24**
Seasoned Rice
Tossed Salad
Green Beans
Pineapple

Hamburger & Bun **25**
French Fries
Baked Beans
Oranges

Chicken Wrap **26**
Seasoned Wedges
Tomatoes
Peaches

Pancakes **27**
Tater Tots
Yogurt
Applesauce

Pizza **30**
Tossed Salad
Mixed Fruit

Road Kill in a Stomach **31**
Pouch
Crunchy Gremlin Toes
Snake Eyes
Monster Munchies

