



School Information:



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	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL 1	CHICKEN PATTY ON BUN TATER TOTS CORN FRUIT ASSORTED MILK 2	KIELBASA RICE PILAH GREEN BEANS FRUIT ASSORTED MILK 3	TURKEY ROLL W /GRAVY MASHED POTATOES CARROTS FRUIT ASSORTED MILK 4	PIZZA ROMAINE SALAD FRUIT ASSORTED MILK 5
CHEESEBURGER ON BUN FRENCH FRIES CARROTS FRUIT ASSORTED MILK 8	CHICKEN PARM W / SPAGHETTI CORN FRUIT ASSORTED MILK 9	CHICKEN TENDERS MAC & CHEESE GREEN BEANS FRUIT ASSORTED MILK 10	FISH STICKS FRENCH FRIES PEAS FRUIT ASSORTED MILK 11	PIZZA VEGGIE STICKS RANCH DRESSING FRUIT ASSORTED MILK 12
NO SCHOOL MARTIN LUTHER KING JR. 15	SALIBURY STEAK MASHED POTATOES CARROTS FRUIT ASSORTED MILK 16	CHEESE RAVIOLIS W / SPAGHETTI SAUCE CORN FRUIT ASSORTED MILK 17	HOT HAM & CHEESE ON BUN POTATO SOUP PICKLE FRUIT ASSORTED MILK 18	PIZZA ROMAINE SALAD FRUIT ASSORTED MILK 19
SLOPPY JOE ON BUN TATER TOTS PEAS FRUIT ASSORTED MILK 22	SOFT TACO W/ LETTACE TOMATO & CHEESE FRUIT ASSORTED MILK 23	GOULASH CORN FRUIT ASSORTED MILK 24	SWEET & SOUR CHICKEN OVER RICE PEPPERS & ONIONS (OPT.) FRUIT MILK 25	PIZZA VEGGIE STICKS RANCH DRESSING FRUIT MILK 26
TOASTED CHEESE TOMATO SOUP PICKLE FRUIT ASSORTED MILK 29	BAR B Q HAM BOILED POTATOE CARROTS FRUIT MILK 30	HAMBURG STROGANOFF OVER NOODLES GREEN BEANS FRUIT MILK 31		