



THERE ARE ALTERNITIVES TO MENU ITEMS TO MEET SPECIAL DIETARY NEEDS



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

HOT HAM & CHEESE ON BUN
TATER TOTS
CARROTS
FRUIT
1% MILK
LF CHOCOLATE MILK **1**

SOFT TACOS W / LETTUCE
CHEESE AND TOMATOES
REFRIED BEANS
FRUIT
1% MILK
LF CHOCOLATE MILK **2**

GOULASH
GARLIC BREAD
CORN
FRUIT
1% MILK
LF CHOCOLATE MILK **3**

CHICKEN TENDERS
MAC & CHEESE
GREEN BEANS
FRUIT
1% MILK
LF CHOCOLATE MILK **4**

NO SCHOOL
STAFF DEVELOPMENT **5**

NO SCHOOL
COLUMBUS DAY **8**

CHICKEN & BISCUITS
MASHED POTATOES
CARROTS
FRUIT
1% MILK
LF CHOCOLATE MILK **9**

CHEESE RAVIOLIS
W / SPAGHETTI SAUCE
CORN
FRUIT
1% MILK
LF CHOCOLATE MILK **10**

TURKEY ROLLS W/ GRAVY
MASHED POTATOES
GREEN BEANS
FRUIT
1% MILK
LF CHOCOLATE MILK **11**

PIZZA
ROMAINE SALAD
FRUIT
1% MILK
LF CHOCOLATE MILK **12**

CHICKEN PATTY ON BUN
BUTTERED NOODLES
CARROTS
FRUIT
1% MILK
LF CHOCOLATE MILK **15**

SPANISH RICE
CORN
FRUIT
1% MILK
LF CHOCOLATE MILK **16**

KIELBASA W/ALFREDO
NOODLES
GREEN BEANS
FRUIT
1% MILK
LF CHOCOLATE MILK **17**

SWEET & SOUR CHICKEN
OVER RICE
BROCCOLI
FRUIT
1% MILK
LF CHOCOLATE MILK **18**

PIZZA
VEGGIE STICKS
RANCH DRESSING
FRUIT
1% MILK
LF CHOCOLATE MILK **19**

HOT DOG ON BUN
FRENCH FRIES
CARROTS
FRUIT
1% MILK
LF CHOCOLATE MILK **22**

BAR B QUE HAM
RICE PILAFPEAS
PEAS
FRUIT
1% MILK
LF CHOCOLATE MILK **23**

HAMBURG STROGANOFF
OVER NOODLE
GREEN BEANS
FRUIT
1% MILK
LF CHOCOLATE MILK **24**

SPAGHETTI W / MEAT
SAUCE
CORN
FRUIT
1% MILK
LF CHOCOLATE MILK **25**

PIZZA
ROMAINE SALAD
RANCH DRESSING
FRUIT
1% MILK
LF CHOCOLATE MILK **26**

CHEESEBURGER
ON BUN
TATER TOTS
PEAS
FRUIT
1% MILK
LF CHOCOLATE MILK **29**

NACHOS W / BEEF AND
CHEESE
GREEN BEANS
FRUIT
1% MILK
LF CHOCOLATE MILK **30**

ROAST BEEFW / GRAVY
BOILED POTATOES
CARROTS
FRUIT
1% MILK
LF CHOCOLATE MILK **31**

