



**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 DOG  
FRENCH FRIES  
CORN  
FRUIT  
1% OR LF CHOC MILK

4

CHICKEN & BISCUIT  
MASHED POTATO  
CARROTS  
FRUIT  
1% OR LF CHOC MILK

5

HAMBURG STROGANOFF  
OVER NOODLES  
GREEN BEANS  
FRUIT  
1% OR LF CHOC MILK

6

SWEET & SOUR CHICKEN  
OVER RICE  
BROCCOLI  
FRUIT  
1% OR LF CHOC MILK

7

PIZZA  
ROMAINE SALAD  
FRUIT  
1% OR LF CHOC MILK

1

PIZZA  
VEGGIE STICKS  
RANCH DRESSING  
FRUIT  
1% OR LF CHOC MILK

8

CHICKEN PATTY ON BUN  
TATER TOTS  
CARROTS  
FRUIT  
1% OR LF CHOC MILK

11

CHICKEN FAJITAS  
LETTUCE & CHEESE  
PEPPERS & ONIONS  
FRUIT  
MILK

12

KIELBASA  
ALFREDO NOODLES  
BROCCOLI  
FRUIT  
1% OR LF CHOC MILK

13

TUNA MELT  
TATER TOTS  
GREEN BEANS  
FRUIT  
1% OR LF CHOC MILK

14

PIZZA  
VEGGIE STICKS  
RANCH DRESSING  
FRUIT  
1% OR LF CHOC MILK

15

NO SCHOOL  
MARTIN LUTHER KING DAY

18

WINTER

19

RECESS

20

NO SCHOOL

21

NO SCHOOL

22

GRILLED CHEESE  
TOMATO SOUP  
PICKLE  
FRUIT  
1% OR LF CHOC MILK

25

SOFT TACOS W LETTUCE  
TOMATO & CHEESE  
REFRIED BEANS  
FRUIT  
1% OR LF CHOC MILK

26

CHICKEN TENDERS  
MAC & CHEESE  
GREEN BEANS  
FRUIT  
1% OR LF CHOC MILK

27

BAKED CHICKEN  
BOILED POTATOES  
CARROTS  
FRUIT  
1% OR LF CHOC MILK

28

