



All meals are served with low fat milk, or 100% orange juice. Menus are subject to change. Snacks are provided after school during tutoring and extended day.



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

Breakfast: Blueberry muffin, Fruit cocktail, Milk/Juice **4**

Lunch: Chicken sliders, lettuce, tomato Applesauce, Milk

Snack: Yogurt

Breakfast: Waffle stix, pears, Milk/Juice **5**

Lunch: Meatballs, gravy rice , broccoli Roll, pineapple, Milk

Snack: Applesauce

Breakfast: Breakfast pizza, Pineapple, Milk **6**

Lunch: Hotdogs, tots, carrots, goldfish Peaches, Milk

Snack: Cereal/Milk

Breakfast: Mini pancake wraps Apples, Milk/Juice **7**

Lunch: Chicken Noodle soup, Turkey Sandwich, green beans ,mandarin orange Milk
Snack: Goldfish

Breakfast: Cinnamon toast Cereal, toast, peaches, Milk/juice **1**

Lunch: Pizza, corn, salad, peaches, Milk

Snack: String Cheese

Breakfast: Pancakes w syrup Banana, Milk/Juice **11**

Lunch: Chilli, tots, squash,roll, Pineapple, animal crackers

Snack: Yogurt

Breakfast: Bagel, sausage, Cream cheese, pineapple, Milk/Juice **12**

Lunch: Chicken Nuggets, mashed potato Green beans, roll, apple, Milk

Snack: Applesauce

Breakfast: French toast, fruit Cocktail, Milk/Juice **13**

Lunch: Cheeseburger, baked beans, Fries, ice cream, mandarins, milk

Snack: Cereal/Milk

Breakfast: Mini cinni, applesauce Milk/Juice **14**

Lunch: Mini corndog, broccoli w cheese Potato salad, mandarins, choc. Pudding, Milk
Snack: Goldfish

Breakfast: Trix cereal, toast, Peaches, Milk/Juice. **15**

Lunch: Pepperoni pizza, corn, salad, Peaches, Milk.

Snack: String Cheese

Breakfast: Blueberry Muffin, Fruit cocktail, Milk/Juice **18**

Lunch: Ham and cheese, lettuce tomato, Carrots, ranch, mixed veg., banana Animal crackers, Milk
PRESCHOOL ONLY!!!!!!!!!!!!!!!!!!!!!!

Breakfast: Sausage, egg and Cheese, pineapple, milk/juice **19**

Lunch: Baked chicken, turnips, Mac n cheese, sliced tomato, roll applesauce, Milk
Snack: Applesauce

Breakfast: Breakfast pizza, Pineapple, Milk/Juice **20**

Lunch: BBQ Meatballs, potato salad, Green beans, roll mandarins, Milk
Snack: Cereal/Milk

Breakfast: Waffle stix, apples, Milk/Juice **21**

Lunch: Chicken sliders, baked beans, Broccoli, pineapple, Milk
Snack: Goldfish

Breakfast: Cinnamon Toast, Toast, peaches, Milk/Juice **22**

Lunch: Hotdog, corn, sweet potato, Peaches, animal crackers, milk
Snack: String Cheese

Breakfast: Pancakes, banana Milk/Juice **25**

Lunch: Chicken nuggets, mashed potato Green peas, fruit cocktail, Milk

Snack: Yogurt

Breakfast: Sausage,egg and Cheese sliders, pineapple, Milk/ Juice **26**

Lunch: Hamburger, fries, apples slices Milk

Snack: Applesauce

Breakfast: French toast, fruit Cocktail, Milk/Juice **27**

Lunch: Spaghetti w/meatsauce, Green beans, pineapple, roll, Milk

Snack: Cereal/Milk

Breakfast: Bagel w/cream cheese Applesauce, Milk/Juice. **28**

Lunch: Mini Corndog, broccoli, carrots Pears, Milk

Snack: Goldfish

