



All meals and snacks are served with low fat or fat free milk and/or 100% juice. Menus are subject to change. Snacks provided after school during 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

Breakfast 3
WG blueberry muffin, Fruit cocktail,
Milk/Juice
Lunch
Steak nuggets, California
mix, roll, applesauce, Milk

Tuesday

Breakfast 4
Waffle Stix, Diced Pears, Milk, Juice
Lunch
WG Cheese quesadilla, cheese sauce
,broccoli, goldfish, pineapple, ice
Cream, milk

Wednesday

Breakfast 5
Breakfast Pizza, Pineapple,
Milk/Juice
Lunch
Hamburger, ketchup ,mustard, tots,
Carrots, peaches ,Milk

Thursday

Breakfast 6
WG Biscuit, Sausage, apple,
Milk/Juice
Lunch
WG Turkey cheese sandwichesw/ mayo,
green beans ,tomato, mandarins, ice
cream,
Milk

Friday

Breakfast 7
Cinnamon toast, Toast w/jelly,
Peaches, Milk/Juice
Lunch
Breaded chicken, Baked beans, sweet
potato, Roll, fruit Cocktail, Milk

Breakfast

10

WG Pancakes, syrup, banana,
Milk/Juice
Lunch
Hot dogs, Broccoli, Corn Pineapple, Animal
Crackers, Milk

Breakfast

11

WG Biscuit, Sausage, Pineapple,
Milk/Juice
Lunch
Baked Chicken tenders, ketchup, Mashed
Potato,
Green beans, Roll, Apples, Milk

Breakfast

12

French toast, fruit cocktail
Milk/Juice
Lunch
Sloppy Joe, ketchup, Baked fries, Mandarin,
Ice cream, Milk

Breakfast

13

Mini Cinni, Applesauce
Milk/Juice
Lunch
Mini corndog, ketchup baked beans,
Potato chips
Mandarin orange, chocolate pudding
Milk

Breakfast

14

Trix cereal, w toast, Jelly
Peaches, Milk/Juice
Lunch
Pepperoni Pizza, Corn, Garden salad
Ranch, peaches. Milk

Breakfast

17

Blueberry Muffin, Fruit Cocktail,
Milk/Juice
Lunch
Cheese Quesadilla, Black beans, tortilla,
And cheese, salsa, banana, Milk

Breakfast

18

Sausage, egg and cheese sliders,
Pears, Milk/Juice
Lunch
Breaded Chicken patty, green peas,
Mac n cheese, roll, applesauce, Milk

Breakfast

19

Breakfast Pizza, pineapple,
Milk/Juice
Lunch
Hamburger, Potato Salad, Green beans,
Mandarin, Animal Crackers
Milk

Breakfast

20

Waffle sticks w/ syrup, Apple, Milk, Juice
Lunch
Chicken nuggets, carrots, broccoli,
Roll, pineapple, Milk

Breakfast

21

Cinnamon toast cereal, WG toast, jelly
Milk/Juice
Lunch
Turkey, cheese sandwich, mayo ,Corn,
sweet
Potato, Peaches, Milk

Breakfast

24

Pancakes, syrup, banana slices,
Milk/Juice
Lunch
WG cheese quesadilla, Pinto, tortilla
Chips, cheese, fruit cocktail, Milk

Breakfast

25

WG Sausage egg and cheese,
Pineapple, Milk/Juice
Lunch
Hotdog ,ketchup/mustard, baked
fries, coleslaw,
Goldfish, apples, ice cream, Milk

Breakfast

26

WG French toast, Fruit Cocktail,
Milk/Juice
Lunch
Chicken Nuggets, ketchup, Carrots, Green
beans,
Roll, Pineapple, Milk

Breakfast

27

WG Mini Cinni, applesauce,
Milk/Juice
Lunch
Mini corndog, ketchup, broccoli, tomato,
Diced pears, Milk

Breakfast

28

Trix cereal, toast, jelly, peaches,
Milk/Juice
Lunch
Pepperoni pizza, Corn, peaches
Milk

Breakfast

Blueberry muffin, fruit cocktail, Milk
Juice.

Lunch

Steak nuggets, ketchup,
California mix, applesauce,
Roll, Milk



Breakfast

Waffle Stix, Diced pears, milk/juice

Lunch

WG Quesadilla, Cheese sauce,
broccoli, pineapple, ice cream ,milk

Snacks

Monday : Animal Crackers
Tuesday: Smartchips
Wednesday: cereal w/milk
Thursday Yogurt/Graham crackers
Friday: Granola Bars

