



**Available Daily:** Fruit, Water, Skim, 1%, Fat Free, Chocolate & Strawberry Milk  
[Check online for menu updates.](#)



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



### Monday

Grilled Cheese **1**  
Three Bean Salad  
Tomato Soup  
Fruit

Bean & Cheese Burrito **8**  
Side Salad, Spanish Rice,  
Salsa, Fat Free Dressing  
Fruit

Cheese Pizza **15**  
Fresh Cucumber Slices  
California Blend Vegetables  
Fat Free Ranch Dressing  
Fruit

Cheese & Spinach Ziti **22**  
Diced Carrots  
Garlic Bread  
Fruit

### Tuesday

Cheeseburger **2**  
Whole Wheat Bun  
Lettuce, Sliced Tomato  
Baked Fries, Pickles  
Ketchup, Mustard, Mayo

Chicken Patty on Bun **9**  
Green Beans  
Au Gratin Potatoes  
Ketchup, Mayo & Mustard  
Fruit

Cheesesteak Sub **16**  
Lettuce, Tomato  
Baked Onion Rings  
Ketchup, Mustard, Mayo  
Fruit

Meatball Sub **23**  
Garden Salad  
Fat Free Dressing  
Cheese Sticks w/ Marinara  
Fruit

### Wednesday

Cod Fish Cakes on Roll **3**  
Red Beans & Rice  
Capri Vegetable Blend  
Tartar Sauce

Spaghetti, Meat Sauce **10**  
Roasted Cauliflower  
Garlic Bread, Parmesan  
Fruit

Chicken Nuggets **17**  
Dipping Sauce  
Sweet Potato Fries  
Whole Wheat Roll  
Mixed Vegetables

Chicken Alfredo **24**  
Fettuccini Noodles  
Broccoli  
Bread Sticks  
Fruit

### Thursday

Deli Turkey on Wheat **4**  
Bacon, Lettuce, Tomato Pickle  
Spears, Fruit, Chips  
Mustard & Mayo  
Chicken Noodle Soup

BBQ Ribette on Roll **11**  
Pickle Slices, Coleslaw  
Corn on the Cob  
Fruit

Beef Teriyaki **18**  
Fried Rice, Soy Sauce  
Stir Fry Vegetable Blend  
Fortune Cookie  
Fruit

Baked Chicken **24**  
Collard Greens  
Mashed Potatoes, Gravy  
Dinner Roll, Butter  
Fruit

### Friday

Pepperoni Pizza **5**  
Tossed Salad  
Baked ☺ Fries  
Ketchup, Fat Free Dressing  
Fruit

Hot Dog on Roll **12**  
Cucumber Salad  
Vegetarian Baked Beans  
Ketchup & Mustard

Super Beef Nachos: **19**  
Shredded Lettuce, Corn,  
Diced Tomato, Sour Cream  
Salsa, Cheddar Cheese  
Fruit



**29**



**30**

**MSD STAFF DAY**  
**School Closed**

**31**

Cod Fish Cakes on Roll  
Red Beans & Rice  
Capri Vegetable Blend  
Tartar Sauce

