



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



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



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

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

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

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

7 Spaghetti, Meat Sauce
Roasted Cauliflower
Garlic Bread, Parmesan
Fruit

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

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



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