



This institution is an equal opportunity provider.



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



Corn Dog,
Corn,
Peaches,
Pudding,
9-12 Raisins,
Milk
Grape Crescents

5

Chicken Strips,
Potato Wedges,
Pears,
Milk

6

Cini Mini

Beef Salisbury Steak,
Mashed Potatoes,
Mixed Berries,
Oriental Roll,
Milk

7

French Toast Sticks & Sausage

BBQ Pork Rib lets,
French Fries,
Mandarin Oranges,
Cheesy Boat,
Milk

1

Blueberry Waffles

Chicken Teriyaki,
Brown Rice,
Stir Fry Veggies,
Grapes,
Milk

2

Long John

Chicken Nuggets,
Cheesy Potatoes,
Mandarin Oranges,
Milk

12

Bagel & Cream Cheese

Beef Burger/ WG Bun
Pears,
Carrot Sticks,
Scooby Snacks, Vanilla Frosting
Milk

13

Cini Mini

Chicken & Noodles
Mashed Potatoes,
Corn,
Apple Slices,
Sunshine Roll,
Milk
Breakfast Boat

14

Grilled Chicken/ WG Bun,
Steamed Broccoli,
Pears,
Kettle Chips,
Milk
French Toast sticks & Sausage

21

Hot Ham & Cheese/ WG Bun
Green Beans,
Bananas,
Fruit Snack,
Milk

15

Strawberry Pancakes

Stuffed Crust Pizza,
Pineapple & Bananas,
Pizza Dippers,
Marinara Sauce,
Milk

16

Long John

Beef Patty/ WG Bun,
American Cheese,
Tri-tater,
Fruit Sidekick,
Milk

19

Strawberry Bagel Bites

Pizza Crunchers,
Marinara Sauce,
Corn,
Peaches,
Milk

20

Cini Mini,

BBQ Rib/ WG Bun
French Fries,
Carrot Sticks,
Grapes,
Milk

26

Bagel & Cream Cheese

Beef & Noodles,
Mashed Potatoes,
Corn,
Mixed Berries,
Dinner Roll,
Milk

27

Cini Mini

Breaded Chicken Patty/ WG Bun,
Green Beans,
Mandarin Oranges,
Jell-O/ Whipped topping,
Milk

28

Breakfast Pizza

Uncrustable,
Cheese Stick,
Carrots & Celery Sticks,
Peanut Butter Dip,
Banana,
Milk

29

Sausage, Egg Patty, & Cereal

Mandarin Orange Chicken
Brown Rice
Green Beans
Pineapple Chunks,
Milk

23

Long John

No School

30