



**Hot Lunch coordinator:**  
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Meal: \$3.00 Milk: \$0.15



**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

Grilled chicken **3**  
Elbow macaroni with Alfredo  
Bread stick  
Grapes

Macaroni and Cheese **10**  
Whole wheat roll  
Broccoli  
Canned mandarin oranges

No School **17**

Ham **24**  
Sweet Potatoes\*\*  
Tossed Salad  
Warm cinnamon apples

\*\*contains pecans

### Tuesday

Beef pot pie **4**  
Whole wheat roll  
Honey glazed carrots  
Canned peaches

Chicken **11**  
Hawaiian Fried Rice  
Vegetable Medley  
Canned Tropical Fruit

No School **18**

Chicken and dumplings **25**  
Whole wheat roll  
Spaghetti squash  
Applesauce



### Wednesday

Swedish meatballs **5**  
Mashed potatoes  
Green beans  
Canned apricot halves

Texas Chili **12**  
Baked potato  
Raw Veggies and Dip  
Orange Slices

No School **19**

Penne Pasta with marinara **26**  
Grilled chicken  
Bread Stick  
Canned pineapple



### Thursday

Hot Dog **6**  
French fries  
Roasted broccoli/cauliflower  
Canned pears

Beef Fritter **13**  
Mashed potatoes and gravy  
Corn  
Fruit Cocktail

No School **20**

Fried fish fillet **27**  
Roasted red potatoes  
Green beans  
Banana



### Friday

**Little Caesar's Pizza** **7**  
3 slices Cheese pizza  
2 bread sticks  
Applesauce

No School **14**

No School **21**

**Little Caesar's Pizza** **28**  
3 slices Pepperoni pizza  
2 bread sticks  
Canned peaches