



Hot Lunch coordinator: Lorie Bourne
 MS, RD, LD, CNSC
loriebourne@yahoo.com
 Milk: 0.15 Meal: \$3.00



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



Turkey meatloaf **1**
 Mashed potatoes with gravy
 Green Peas
 Apricot halves

Pork Sandwich **2**
 Sweet corn on the cob
 Whole green beans
 Grapes

Little Caesars Pizza **3**
 3 slices of Pepperoni pizza
 2 Breadsticks
 Canned applesauce

Cheeseburger **6**
 French Fries
 Raw veggies with dip
 Fruit cocktail

Beef hard shell tacos **7**
 Spanish rice
 Refried beans
 Mandarin oranges

Bacon cheddar quiche **8**
 Crispy hash browns
 Sausage patty
 Banana

Hot dog **9**
 French fries
 Carrot sticks
 Canned pears

Honey glazed ham **10**
 Baked sweet potato
 Grilled honey glazed carrots
 Canned pineapple

Grilled chicken thighs **13**
 Corn on the cob
 Tossed salad
 Canned applesauce

Beef soft shell tacos **14**
 Cilantro lime rice
 Pintos with cheese
 Orange slices

Cheese Ravioli with sauce **15**
 Garlic Sticks
 Peas and carrots
 Canned tropical fruit

Chicken tenders **16**
 Homemade potato chips
 Whole green beans
 Canned apricot halves

Little Caesars Pizza **17**
 3 slices of Cheese pizza
 2 Breadsticks
 Canned peaches

20
 Bring a cold lunch

21
 Bring a cold lunch

22
 NO SCHOOL

23
 NO SCHOOL

24
 NO SCHOOL

Grilled chicken **27**
 Parslied potatoes
 Vegetable medley
 Canned peaches

Taco Salad **28**
 Refried beans
 Cilantro lime rice
 Canned pears

Hamburger **29**
 Mexican grilled corn
 Honey lemon carrots
 Apple

Philly Cheese steak **30**
 Whole green beans
 Canned tropical fruit
 Chocolate pudding

