

**Hot Lunch Coordinator:**  
Lorie Bourne MS, RD, LD, CNSC

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



### Tuesday



### Wednesday

### Thursday

### Friday

6

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17

Signature Mac & Cheese  
Whole wheat roll  
Roasted vegetable medley  
Grapes

Grilled chicken sandwich  
French fries  
Cinnamon glazed carrots  
Canned pears

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

Hamburger patty  
Grilled vegetables  
French fries  
Canned fruit cocktail

20

Pork Carnitas  
Spanish rice  
Refried beans  
Pineapple slices

21

Pasta primavera  
Whole wheat roll  
Roasted carrots  
Canned apricots

22

Turkey meatloaf  
Mashed potatoes and gravy  
Snap peas  
Mandarin oranges

23

Pork loin  
Roasted sweet potato  
Roasted vegetables  
Canned tropical fruit

24

31

Pulled pork sandwich  
Brown rice  
Broccoli slaw  
Orange slices

27

Cheese & bean enchiladas  
Refried beans  
Cilantro lime rice  
Watermelon

28

Cheeseburger  
French fries  
Sautéed green beans  
Canned pears

29

Texas pot roast  
Mashed potatoes with gravy  
Steamed broccoli/cauliflower  
Canned apricot halves

30

**Little Caesars Pizza**  
3 slices Cheese Pizza  
2 Bread Sticks  
Applesauce