



**Hot Lunch Coordinator:**  
Lorie Bourne MS, RD, LD, CNSC  
[loriebourne@yahoo.com](mailto: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



Vegetable quesadilla  
Wedge French fries  
Carrots sticks and dip  
Banana

4

Chili  
Corn chips  
Grilled vegetables  
Apricot halves

5

Chicken strips  
Sauteed green beans  
Rice  
Pineapple

6

Hot dog  
Potato salad  
Roasted vegetables  
Fruit Cocktail

7

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

8

Turkey burger  
Wedge French fries  
Grilled vegetables  
Canned pears

11

Chili lime chicken  
Cilantro rice  
Refried beans  
Orange slices

12

Pork loin  
Glazed carrots  
Herbed rice pilaf  
Canned tropical fruit

13

BBQ chicken  
Baked Sweet potato  
Roasted Brussels sprouts  
Canned mandarin oranges

14

Fried fish  
Rice  
Green beans  
Canned apricot halves

15

Chicken and Sausage Jambalaya  
Roasted vegetables  
Roasted potatoes  
Canned pineapple

18

Southwest beef hard shell taco  
Spanish rice  
Refried beans  
Canned peaches

19

Spaghetti with meat sauce  
Steamed broccoli  
Garlic bread  
Grapes

20

Grilled chicken  
Roasted sweet potatoes  
Snap peas  
Canned tropical fruit

21

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

22

No School

25

Southwest turkey taco  
on soft shell  
Corn Pudding  
Carrot sticks and dip  
Canned mandarin oranges

26

Signature mac and cheese  
Whole wheat roll  
Roasted vegetable medley  
Applesauce

27

Sweet and sour pork  
Vegetable lo mein  
Vegetable spring roll  
Orange slices

28

