



Hot Lunch Coordinator:
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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

1

No School

2

No School

3

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

4

Bring your own cold lunch

7

Bring your own cold lunch

8

Bring your own cold lunch

9

Bring your own cold lunch

10

Bring your own cold lunch

11

Little Caesars Pizza
3 slices Cheese Pizza
2 Bread Sticks
Applesauce

14

Bring your own cold lunch

15

Bring your own cold lunch

16

Bring your own cold lunch

17

Bring your own cold lunch

18

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

21

Snow Day Make Up
Bring your own cold lunch

22

Soft shell southwest turkey
Spanish rice
Refried beans
Orange slices

23

Mac and Cheese
Roasted vegetable medley
Whole wheat roll
Apricot halves

24

Black bean burger on
whole wheat bun
Fried sweet potatoes
Grilled vegetables
Canned pineapple

25

Grilled chicken
Steamed Broccoli
Herb and lemon wild rice
Fruit cocktail

28

Chicken strips
Broccoli AuGratin
Garlic mashed potatoes
Canned pears

29

Chili lime chicken
quesadilla
Spanish rice
Refried beans
Canned tropical fruit

30

Pasta Primavera
Garlic bread
Roasted carrots
Grapes

31

Turkey meatloaf
Roasted yellow squash
Mashed potatoes
Canned mandarin oranges

Early dismissal, no lunch

