



Lunch: \$3.50
Milk:



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Lo Mein
Vegetable Spring Roll
Canned Pineapple **1**

Little Caesars Pizza
3 Slices of Pepperoni Pizza
2 Breadsticks
Applesauce **2**

Hot Dog
French Fries
Corn
Peaches **5**

Crunchy Beef Tacos
Spanish Rice
Refried Beans
Pineapple **6**

Chicken Tenders
Tater Tots
Raw carrots with Dip
Apple **7**

Cheeseburger
Red Potatoes
Green Beans
Fruit Cocktail **8**

Chili with cheese and crackers
Baked Potato
Broccoli
Cinnamon Apples **9**

Baked Chicken
White Rice
Parmesan Roasted Carrots
Fruit Cocktail **12**

Grilled Chili Lime
Chicken Tacos
Fajita Vegetables
Spanish Rice
Tropical Fruit **13**

Sloppy Joes
Sweet Potato Tots
Green Beans
Peaches **14**

Pulled Pork
Baked Potatoes
Yellow Squash
Pineapple Wedges **15**

New Food To Try!
Crispy Fish Taco
Dill Potatoes
Raw Carrots and Dip
Applesauce **16**

Manicotti with Marinara
Raw Broccoli with Dip
Red Grapes **19**

Carnitas
Broccoli and Cauliflower
White Rice
Mandarin Oranges **20**

Roast Turkey
Glazed Carrots
Mashed Potatoes with Gravy
Pears **21**

Early Dismissal
Parent Teacher Conferences
NO LUNCH **22**

No School
Parent Teacher Conferences
NO LUNCH **23**

Pasta Primavera
Green Beans
Canned Pineapple **26**

Beef Soft Tacos
Spanish Rice
Vegetable Medley
Peaches **27**

Italian Sausage
Onions and Peppers
Wild Rice
Banana **28**

New Food To Try!!
Honey Dijon
Chicken Sandwich
White Rice
Veggie Medley
Tropical Fruit **29**

Little Caesars Pizza
3 Slices of Cheese Pizza
2 Breadsticks
Applesauce **30**