



**Meal Prices-Students--\$2.65  
Adults--\$3.70**



This institution is an equal opportunity provider



**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

Chicken Strips  
Whipped Potatoes/Gravy  
Green Beans  
Bananas  
Bread/Butter  
Milk

4

Potato Nugget Hot Dish  
Corn  
Peaches  
Bread/Butter  
Milk

5

Chicken Fajita on  
Softshell OR Flatbread  
Ranch Wedges  
Broccoli  
Pears  
Milk

6

Chicken, Veg., or Chili Soup  
Carrots/Celery  
Apple Slices  
Crackers  
Bread/Butter  
Milk

7

Hamburger/Bun  
French Fries  
Baked Beans  
Apples  
Milk

8

Chicken Grill  
Pasta/Alfredo  
Broccoli/Carrots  
Bananas  
Bread Stick  
Milk

11

Scalloped Potatoes  
w/Ham or Hotdogs  
Green Beans  
Peaches  
Bread/Butter  
Milk

12

Corn Dog  
Ranch Wedges  
Baked Beans  
Pears  
Milk

13

Heart Nuggets  
Whipped Potatoes/Gravy  
Corn  
Applesauce  
Bread/Butter  
Milk

14

Cheese Bread/Italian Dunkers  
Lettuce Salad  
Carrots/Celery  
Pineapple  
Milk

15

Hot Beef Gravy  
Whipped Potatoes  
Green Beans  
Bananas  
Bread/Butter  
Milk

18

Lasagna  
Lettuce Salad  
Carrots/Celery  
Peaches  
Garlic Sticks  
Milk

19

Hot Ham/Cheese on a Bun  
Tri-Tators  
Baked Beans  
Mixed Fruit  
Milk

20

Tacos - Softshell  
Lettuce/Tomato/Cheese  
Refried Beans  
Corn  
Pears  
Churros/Milk

21

Chicken Quesadilla  
Broccoli/Carrots  
Pineapple  
Milk

22

Orange Chicken  
Broccoli  
Asian Rice  
Bananas  
Bread/Butter  
Milk

25

Stromboli  
Broccoli  
Carrots  
Sidekicks  
Cookie  
Milk

26

Mr Ribb OR Turkey/Cheese  
on a Bun  
Smiles  
Green Beans  
Mixed Fruit  
Milk

27

Nacho Supreme  
with Meat/Cheese Sauce  
Lettuce Salad  
Carrots/Celery  
Pears  
Milk

28

