



Menus are subject to change
 All meals served w/1%, chocolate, Strawberry or reduced fat white milk.
 All meals served w/fresh, frozen or canned fruit and 100% fruit juice daily.



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

Monday



Chicken Bites
 Green Beans
 Sweet Potatoes (Fries)
 Roll
 Honey Mustard

4

Tuesday



BBQ Chicken Fajita on Bun or Tortilla Wrap
 Romaine & Tomatoes
 Tater Tots
 Ketchup

5

Wednesday



Beef Taco Meat
 Jumbo Shell or Tortilla Chips
 Black Beans
 Corn (On Cob)
 Garden Salad w/Dressing

6

Thursday



Salisbury Steak
 Mashed Potatoes w/Gravy
 Green Sweet Peas
 Biscuit or Roll

7

Friday



Deli Sub Sandwich
 Fries
 Broccoli
 Pickle Spear
 Chips

8

Pizza or Pizza Calzone
 Fries
 Green Salad
 Ketchup

11

Crispito
 Black Beans
 Corn (On cob)
 Shredded Cheese & Sour Cream
 WG Cookie

12

Chili w/Rice
 Garden Salad
 Carrots
 Cornbread or Crackers

13

Chicken Tenders
 Dutch Waffle or Roll
 Green Beans
 Sweet Potato Fries
 Honey Mustard

14

Corn Dog
 Potato Wedges
 Garden Salad
 Chips
 Ketchup & Mustard

15



18

Pizza or Pizza Calzone
 Fries
 Garden
 Rice Krispy Treat
 Ketchup

19

Chicken Patty
 Roll or Bun
 Green Beans
 Carrots
 Honey Mustard

20

Oven Roasted Wings
 Oven Roasted Potatoes
 Collard Greens
 Cornbread

21

Cheeseburger or Sloppy Joe
 Tater Tots
 Romaine & Tomatoes
 Ketchup

22

Beef Rib Patty on Bun
 Baked Beans
 Potato Salad
 Graham Cracker Snack

25

Spaghetti
 Garden Salad
 Corn (On cob)
 Breadstick or Roll

26

Hot Wings or Tenders
 Green Beans
 Fries
 Roll

27

Chicken Gumbo w/Rice
 Mixed Veggies
 Garden Salad
 Crackers

28

Sausage Dog w/Chili & Cheese
 Tater Tots
 Coleslaw
 Chips

29