



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
 daily & 100% fruit juice twice per week.



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



Tuesday

Wednesday



Thursday

Friday



Pizza (Calzone) **4**
 Garden Salad
 Corn (On Cob)
 Mini Rice Krispy Treat
 Ranch Dressing

Chicken Patty **5**
 Green Beans
 Carrots
 Bun or Roll

Mozzarella Cheese Sticks **6**
 Baked Potato Soup
 Broccoli
 Brownie

Salisbury Steak Patty **7**
 Mashed Potatoes w/Gravy
 Green Lima Beans or Sweet Peas
 Roll

Sloppy Joe or Beef Patty on **8**
 Bun w/Cheese Slice
 Tater Tots
 Romaine & Tomatoes
 Ketchup, Mayo & Mustard

Pulled Pork or Pork Patty on **11**
 Bun
 Baked Beans
 Sweet Potato Fries or Carrots

Spaghetti w/Meat Sauce or **12**
 Lasagna Roll ups (2)
 Garden Salad
 Corn (on Cob)
 Breadstick or Roll

Buffalo Wings or Tenders **13**
 Green Beans
 French Fries
 Roll

Gumbo **14**
 Rice
 Mixed Veggies
 Garden Salad
 Crackers

Hot Dog **15**
 Coleslaw
 Potato Wedges
 Frozen Juice Cup
 Ketchup & Mustard



BBQ Fajita Meat on Roll or **19**
 Tortilla Wrap
 Tater Tots
 Garden Salad
 Ketchup

Beef Taco Meat **20**
 Taco Shell or Tortilla Chips
 Black Beans
 Corn
 Shredded Cheese & Taco Sauce

Oven Roasted Chicken Wings **21**
 Green Beans
 Fries
 Roll

Deli Sandwich **22**
 Baby Carrots
 Romaine & Tomatoes
 Chips & Pickle Spear
 Mayo & Mustard

Pizza (Calzone) **25**
 French Fries
 Garden Salad
 WG cookie

Crispito **26**
 Black Beans
 Corn (on Cob)
 Shredded Cheddar, Taco Sauce &
 Sour Cream

Chili **27**
 Rice
 Broccoli
 Carrots or Yams
 Cornbread or Crackers

Chicken Tenders **28**
 Green Beans
 Sweet Potato Fries
 Roll or Dutch Waffle
 Honey Mustard

Corn Dog **29**
 Fries
 Garden Salad
 Chips
 Ketchup & Mustard