



School Information: Kittitas Schools is an Equal Opportunity Provider



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Tuesday

Wednesday

Thursday

Friday



Menu Subject to Change

Elem. Lunch \$2.75
Sec. \$2.95
Milk \$0.50



Grilled Chicken Sandwich **1**
Smiles
Cucumbers
Fruit
Milk

Chicken Alfredo **4**
Salad
Broccoli
Fruit
Roll
Milk

Beef Taco **5**
Corn
Black Beans
Fruit
Milk

Deli Sandwich **6**
Carrots
Cauliflower
Fruit
Chips
Milk

Chicken Salad **7**
Cucumbers
Grapples
Roll
Milk

Spaghetti/Meatballs **8**
Garlic Bread
Green Beans
Salad
Fruit
Milk

No **11**
School

Corn Dog **12**
Green Beans
Cauliflower
Carrots
Fruit
Milk

Deli Sandwich **13**
Cucumbers
Celery
Chips
Fruit
Milk

Pizza **14**
Salad
Corn
Fruit
Milk

Chicken Salad **15**
Chick Peas
Broccoli
Garlic Bread
Fruit
Milk

Meatball Sub **18**
Oven Potato
Cucumbers
Fruit
Milk

Chicken Nuggets **19**
Broccoli
Cauliflower
Fruit
Roll
Milk

Chef's Salad **20**
Chick Peas
Fruit
Roll
Milk

Fish Sticks **21**
Salad
Carrots
Fruit
Roll
Milk

Cheese French Bread **22**
Celery
Corn
Fruit
Milk

Fish Sticks **25**
Salad
Carrots
Fruit
Roll
Milk

Turkey Gravy/Mashed Pota **26**
Salad
Corn
Fruit
Roll
Milk

Egg Salad Sandwich **27**
Broccoli
Cucumbers
Banana
Chips
Milk

No **28**
School

No **29**
School