



**School Information:** MENU SUBJECT TO CHANGE WITHOUT NOTICE.



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

### Monday

BBQ Chicken on a Bun **3**  
Smile Potatoes  
Fiesta Blend Veggies  
Fresh/Canned Fruit  
  
Taco Salad

### Tuesday

Hamburger Gravy over Mashed Potatoes **4**  
Peas  
Dinner Roll  
Fresh Veggies  
Fresh/Canned Fruit  
Hot Ham & Cheese Croissant

### Wednesday

Spaghetti with Meat Sauce **5**  
Bread Stick  
Broccoli  
Fresh Veggies  
Fresh/Canned Fruit  
BBQ Rib Sandwich

### Thursday

Cooks Choice **6**  
Hot Veggies  
Fresh Veggies  
Fresh/Canned Fruit

### Friday

Cheese Quesadilla **7**  
Green Beans  
Fresh Veggies  
Fresh/Canned Fruit  
  
Build your own Pita

Hot Dog on a Bun **10**  
Baked Beans  
Fresh Veggies  
Fresh/Canned Fruit  
  
Spicy Chicken Sandwich

Nacho Bowl **11**  
Corn  
Fresh Veggies  
Fresh/Canned Fruit  
Chef Salad

Chicken Gravy Over Mashed **12**  
Potatoes  
Green Beans  
Fresh/Canned Fruit  
Dinner Roll  
Cold Cut Sandwich

Sloppy Joes on a Bun **13**  
Potato Salad  
Fresh Veggies  
Fresh/Canned Fruit  
Corn Dog

At Home Learning Day **14**

Breaded Chicken on a Bun **17**  
Baked Beans  
Fresh Veggies  
Fresh/Canned Fruit  
Taco Salad

Pancakes **18**  
Sausage Patty  
Tri-Tator Hashbrown  
Fresh Veggies  
Fresh/Canned Fruit  
Cold Cut Sandwich

Chicken Nuggets with Mash **19**  
Potatoes and Gravy  
Coleslaw  
fresh/Canned Fruit  
Dinner Roll  
Build your own Pita

Taco in a Bag **20**  
Taco Fixings  
Corn  
Fresh/Canned Fruit  
BBQ Rib Sandwich

Cheese Pizza **21**  
Carrot Coins  
Fresh Veggies  
Fresh/Canned Fruit  
Spicy Chicken Sandwich

Mandarin Orange Chicken **24**  
Brown Rice  
Green Beans  
Fresh Veggies  
Fresh/Canned Fruit  
Hot Ham & Cheese Croissant

Pepperoni Pizza **25**  
Carrot Coins  
Fresh Veggies  
Fresh/Canned Fruit  
Corn Dog

Tator Bowl with Mashed Potatoes **26**  
Gravy  
Corn  
Fresh/Canned Fruit  
Dinner Roll  
Hamburger on a Bun

Chicken Alfredo Bake **27**  
Broccoli  
Fresh Veggies  
Fresh/Canned Fruit  
Bread Stick  
Chef Salad

Pizza Crunchers **28**  
Fiesta Blend Veggies  
Fresh Veggies  
Fresh/Canned Fruit  
Cold Cut Sandwich

No School **31**

No Meals

