



Finley Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Nachos Variety of Fruits and Veggies	3 Chicken Broccoli Steam Rice Variety of Fruits and Veggies	4 Pepperoni Pizza Variety of Fruits and Veggies	5 Oven Fried Chicken Mashed Potatoes Dinner Roll Variety of Fruits and Veggies	6 No School 
9 Chicken Wings Onion Rings Dinner Roll Diced Peaches/Craisins	10 Beef Barbacoa Corn Tortillas Refried Beans Variety of Fruits and Veggies	11 Chicken Tamales Pasta Salad Variety of Fruits and Veggies	12 Spaghetti with Meat Dinner Rolls Variety of Fruits and Veggies	13 Corn Dogs Corn on the Cob Variety of Fruits and Veggies
				
16 Crispy Beef Tacos Variety of Fruits and Veggies	17 Pizza Green Salad Variety of Fruits and Veggies	18 Chicken Tenders Mac and Cheese Variety of Fruits and Veggies	19 Burgers with Fries Variety of Fruits and Veggies	20 Hot Dogs Onion Rings Variety of Fruits and Veggies
23 Barbacoa Corn Tortilla Steamed Broccoli Strawberries Cup/Dry Cherries	24 Crispy Tacos Cheese and Lettuce Ranch/Chipotle Pears/ Watermelon	25 Wings and Onion Rings Variety of Fruits and Veggies	26 Bean and Cheese Pupusas Papas con Chorizo Variety of Fruits and Veggies	27 Pizza Green Salad Variety of Fruits and Veggies
30 Orange Chicken	31 Albondigas			

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**Harvest
of the
Month™**
STRAWBERRY



Here are some tips to get started

1. Control your portion size
2. Eat more vegetables and fruits
3. Select whole grains
4. Limit unhealthy fats
5. Choose low-fat protein sources
6. Reduce the sodium in your food
7. Plan ahead, Create daily menus

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