



This institution is an equal opportunity provider



Nutrition Tip: Get enough sleep. The importance of getting enough quality sleep cannot be overstated. It may be just as important as diet and exercise, if not more. Poor sleep can drive insulin resistance, throw your appetite hormones out of whack, and reduce your physical and mental performance.



Monday



Tuesday

Wednesday

Thursday

Friday

Chicken Fajita/WG Tortilla **4**
Romaine Lettuce
Refried Beans
Cheese & Salsa
Peaches
Milk

Lunch prices:
Elementary - \$1.65

All meals subject to change based on availability

Tenderloin Sandwich **5**
Mashed Potatoes
Steamed Broccoli
Apple Slices
Milk

Hotdog Sandwich **6**
French Fries
Baked Beans
100% Fruit Juice
Milk

Pizza Pasta Casserole **7**
Green Beans
Breadstick w/Sauce
Fresh Orange
Milk

Chicken Patty Sandwich **1**
Iceberg Lettuce
Steamed Cauliflower
Fruit
100% Fruit Juice
Milk

Ham & Cheese Sandwich **8**
Sweet Potato Fries
Corn
Fruit
Milk

Salisbury Steak **11**
Mashed Potatoes w/Gravy
Corn
WG Butter Bread
Applesauce
Milk

Chicken Quesadilla **12**
Romaine Lettuce
Corn & Bean Salsa
WG Tortilla Chips
Pears
100% Fruit Juice
Milk

Chicken Noodle Soup **13**
Celery
Crackers
Peaches
Cinnamon Roll
Milk

Chicken Nuggets **14**
WG Dinner Roll w/Jelly
Peas
Baby Carrots w/Dip
Sidekick
Milk

Chicken Strip Wrap **15**
Lettuce & Tomato
Baked Beans
Steamed Carrots
Fruit
Milk

Taco Wedges **18**
Iceberg Lettuce
Corn & Bean Salsa
Pineapple
Cookie
Milk

Sausage Pizza **19**
Romaine Lettuce
Apple Slices
100% Fruit Juice
Milk

Grilled Cheese Sandwich **20**
Campbell's Tomato Soup
Fresh Broccoli
Applesauce
Yogurt
Milk

Popcorn Chicken **21**
Celery & Carrots
Peaches
WG Dinner Roll w/Jelly
Milk

Hamburger Sandwich **22**
Lettuce & Tomato
Hashbrown
Fruit
100% Fruit Juice
Milk

BBQ Chicken Sandwich **25**
Potato Wedges
Steamed Broccoli
Blueberry Muffin
Pears
Milk

Taco Meat **26**
WG Tortilla Chips
Iceberg Lettuce
Corn & Bean Salsa
Peaches
100% Fruit Juice
Milk

Mini Corn Dogs **27**
Baked Beans
Baby Carrots
Pineapple
Cookie
Milk

Breakfast Sandwich **28**
Cheesy Potatoes
Scooby Doo Snack Sticks
Grapes
Milk

