



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
Fruit
WG Tortilla Chips
Milk

Lunch prices:
Elementary - \$1.90

All meals subject to change based on availability

Hotdog Sandwich **5**
Mashed Potatoes w/Gravy
Baked Beans
Fruit
100% Fruit Juice
Wheat Hot Pretzel
Milk

BBQ Pork Sandwich **6**
Peas
Baby Carrots w/Dip
Fruit
Cracker Pkg
Milk

Pasta w/Meat Sauce **7**
Green Beans
Breadstick w/Sauce
Fruit
Milk

Chicken Patty Sandwich **1**
Coleslaw
Mixed Vegetables
Fruit
100% Fruit Juice
Milk

Ham & Cheese Sandwich **8**
Sweet Potato Fries
Corn
Celery Sticks
Cracker Pkg
Fruit
Milk

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

Chicken Quesadilla **12**
Romaine Lettuce
Corn & Bean Salsa
WG Tortilla Chips
Fruit
Milk

Chicken Noodle Soup **13**
Celery Sticks
Cracker Pkg
Fruit
Cinnamon Roll
Milk

Sloppy Jo Sandwich **14**
Hash Brown
Steamed Broccoli
Fruit
Milk

Tenderloin Sandwich **15**
Baked Beans
Steamed Carrots
Fruit
100% Fruit Juice
Milk

Grilled Cheese Sandwich **18**
Campbell's Tomato Soup
Fresh Broccoli
Fruit
Yogurt
Milk

Pizza Pockets **19**
Romaine Lettuce
Green Peppers
Fruit
100% Fruit Juice
Cookie
Milk

Popcorn Chicken **20**
Celery & Carrots
WG Dinner Roll w/Jelly
Fruit
Milk

Chili Soup **21**
Crackers
Baby Carrots
WG Butter Bread
Fruit
Milk

Hamburger Sandwich **22**
Lettuce & Tomato
Tater Tots
Cracker Pkg
Fruit
100% Fruit Juice
Milk

Diced Chicken Sandwich **25**
Corn
Green Beans
Fruit
Sunchips Snack Mix
Milk

Taco Meat **26**
WG Tortilla Chips
Iceberg Lettuce
Corn & Bean Salsa
Fruit
Snack Pack
Milk

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

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

