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Nutrition Tip: Doing aerobic exercise is one of the best things you can do for your physical and mental health. It is particularly effective at reducing belly fat, the harmful type of fat that builds up around your organs. Reducing belly fat could lead to major improvements in metabolic health.



Monday



Tuesday



Wednesday

Thursday

Friday

Lunch prices:
Elementary - \$1.65

All meals subject to change
based on availability

Chicken Drumstick
Mashed Potatoes
Corn
WG Dinner Roll w/Jelly
Fruit
Milk

1

BBQ Rib Sandwich
Baked Beans
Baby Carrots
Applesauce
Milk

4

Chicken Quesadilla
Fresh Broccoli
Corn & Bean Salsa
WG Tortilla Chips
Pineapple
Milk

5

Cheese Pizza
Romaine Lettuce
Grapes
100% Fruit Juice
Milk

6

Chicken Patty Sandwich
Green Beans
Pears
Pudding Cup
Milk

7

French Toast Sticks
Cheesy Potato Bake
Baby Carrots
Fruit
Yogurt
Milk

8

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

11

Hotdog Sandwich
French Fries
Baked Beans
100% Fruit Juice
Milk

12

Chicken Strip Wrap
Lettuce & Tomato
Peas
Fresh Orange
Milk

13

Tenderloin Sandwich
Mashed Potatoes
Corn
Pears
Milk

14

Macaroni & Cheese
Steamed Broccoli
Baby Carrots
Fruit
Milk

15

Chicken Nuggets
WG Dinner Roll w/Jelly
Baby Carrots w/Dip
Mandarin Oranges
Milk

18

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

19

Vegetable Soup
WG Cheese Breadsticks
Baby Carrots
Pears
Milk

20

Ham & Cheese Sandwich
Sweet Potato Fries
Steamed Broccoli
Apple Slices
Milk

21

Flatbread Pizza
Iceberg Lettuce
Baked Chips
Fruit
100% Fruit Juice
Milk

22

Sausage Pizza
Romaine Lettuce
Pineapple
100% Fruit Juice
Milk

25

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

26

Hamburger Sandwich
Lettuce & Tomato
Hashbrown
Applesauce
Yogurt
Milk

27

Chili Soup
Crackers
Baby Carrots
WG Butter Bread
Banana
Milk

28

Cheese Quesadilla
Iceberg Lettuce
Corn & Bean Salsa
WG Tortilla Chips
100% Fruit Juice
Milk

29