



This institution is an equal opportunity provider



**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:  
High School - \$1.90

All meals subject to change  
based on availability

Flyer Chicken  
Lettuce & Tomato  
Steamed Broccoli  
Baby Carrots w/Dip  
Pudding Cup  
Cracker Pkg  
Fruit  
Milk

1

BBQ Rib Sandwich  
Baked Beans  
Baby Carrots  
Fruit  
Pretzels w/Hummus  
Milk

4

Taco Soup  
Fresh Broccoli  
WG Tortilla Chips  
Fruit  
Blueberry Muffin  
Milk

5

French Toast Sticks  
Cheese Omelet  
Cheesy Potato Bake  
Fruit  
Yogurt  
Milk

6

Chicken Patty Sandwich  
Coleslaw  
Mixed Vegetables  
Fruit  
Milk

7

Cheese Pizza  
Romaine Lettuce  
Seasoned Peas  
Fruit  
100% Fruit Juice  
Milk

8

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

11

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

12

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

13

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

14

Macaroni & Cheese  
Campbell's Tomato Soup  
Broccoli  
Blueberry Muffin  
Fruit  
Milk

15

Chicken Quesadilla  
Iceberg Lettuce  
Corn & Bean Salsa  
Fruit  
WG Tortilla Chips  
Milk

18

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

19

Vegetable Soup  
WG Cheese Breadsticks  
Baby Carrots  
Fruit  
Milk

20

Tenderloin Sandwich  
Hash Brown  
Steamed Broccoli  
Fruit  
Milk

21

Flatbread Pizza  
Green Beans  
Baked Chips  
Fruit  
100% Fruit Juice  
Milk

22

Stuffed Crust Pizza  
Romaine Lettuce  
Green Peppers  
Fruit  
100% Fruit Juice  
Cookie  
Milk

25

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

26

Hamburger Sandwich  
Lettuce & Tomato  
Tater Tots  
Cracker Pkg  
Fruit  
Milk

27

Chili Soup  
Crackers  
Baby Carrots  
WG Butter Bread  
Fruit  
Milk

28

Cheese Quesadilla  
Mexican Coleslaw  
Corn & Bean Salsa  
Corn Chips  
100% Fruit Juice  
Fruit  
Milk

29