



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

WW BEEF AND BEAN BURRITO WITH CHILI AND CHEESE  
WHOLE KERNAL CORN  
APPLESAUCE  
CHOICE OF MILK **4**

CHICKEN PATTY OR CHICKEN FRIED  
MASHED POTATOES AND GRAVY  
GREEN BEANS  
PINEAPPLE TIDBITS  
WW ROLL  
CHOICE OF MILK- **5**

JAMBALAYA  
MUSTARD GREENS  
MANDARIN ORANGES  
CHOCOLATE CAKE  
WW CORNBREAD  
CHOICE OF MILK **6**

BEEF/VEGETABLE SOUP  
GRILLED CHEESE SANDWICH  
GREEN LEAFY SALAD  
PEACHES  
CHOICE OF MILK **7**

SLICED TURKEY ON WW BREAD  
CRISPY FRIES  
SANDWICH CUP  
PINEAPPLE TIDBITS  
CHOCOLATE CHIP COOKIE  
CHOICE OF MILK **1**

WG CORNDOG  
CATSUP, MUSTARD  
CRISPY FRIES  
CARROT STICKS AND DRESSING  
SLICED APPLES  
CHOICE OF MILK(1 **8**

NACHO/SEASONED MEAT/CHILI  
MEXICAN BEANS  
GREEN ICEBERG  
APPLESAUCE)  
CHOICE OF MILK **11**

BEEF TIPS/GRAVY  
MASHED POTATOES  
GREEN BEANS  
MIXED FRUIT  
WW CORNBREAD  
CHOICE OF MILK **12**

CHICKEN/SPAGHETTI  
CANDIED CARROTS  
GREEN PEAS  
PEACHES  
WW ROLL  
CHOICE OF MILK **13**

BAKED POTATO  
CHILI  
BROCCOLI  
CRACKERS  
APPLE SLICES)  
CHOICE OF MILK **14**

BBQ SAUSAGE LINK ON BUN  
POTATO ROUNDS  
BAKED BEANS  
PEARS  
CHOICE OF MILK **15**

NO SCHOOL **18**

NO SCHOOL **19**

CHICKEN NUGGETS  
MACARONI AND CHEESE  
SLICED CARROTS  
PINEAPPLE TIDBITS  
WW ROLL  
CHOICE OF MILK **20**

CHICKEN GUMBO  
STEAMED BROWN RICE  
ROMAINE SALAD  
APPLE SLICES  
SUGAR COOKIE  
CHOICE OF MILK  
CRACKERS **21**

CHEESEBURGER ON BUN  
CRISPY FRIES  
SANDWICH CUP  
MANDARIN ORANGES  
CHOICE OF MILK **22**

MEAT PIE  
BAKED BEANS  
CARROT STICKS WITH DRESSING  
PEARS  
ICE CREAM CUP  
CHOICE OF MILK(1 D **25**

TACO MEAT & SHELL  
WHOLE KERNAL CORN  
GREEN ICEBERG  
PEACHES  
CHOICE OF MILK **26**

MEAT /SAUCE SPAGHETTI  
GREEN BEANS  
GREEN LEAFY SALAD  
GARLIC BREAD  
MANDARIN ORANGES  
CHOICE OF MILK **27**

PINTO BEANS AND SAUSAGE  
STEAMED RICE  
TURNIP GREENS/MUSTARD GREENS  
MIXED FRUIT  
WW CORNBREAD  
CHOICE OF MILK **28**

