



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. This institution is an equal opportunity provider. Menus are subject to change



Monday



7
Burrito w/ cheese Sauce
Breaded Chicken Sandwich

Lettuce / Tomato / Corn
Tortilla Chips / Salsa
Fruit Cocktail

14
Chicken Wrap
Tenderloin Sandwich

Lettuce/ Tomato
Corn
Tortilla Chips / Salsa
Pineapple



28
Crispitos w/ Cheese Sauce
Tenderloin Sandwich

Lettuce / Tomato
Corn
Tortilla chips/ Salsa
Pineapple

Tuesday



8
Spaghetti & Garlic Bread
Corn Dog

Cesar Salad / Broccoli
Chilled Peaches

15
Mac & Cheese & Smokey's & Garlic Bread
Corn Dog

Caesar Salad / Carrots
Chilled Pears

22
Chili with Crackers
PBJ-Yogurt-Goldfish

Celery & Carrots
Chilled Peaches
Cinnamon Roll

29
Grilled Cheese
Corn Dog

Tomato Soup
Cesar Salad
Chilled Pears
Yogurt

Wednesday



9
Pulled Pork Sandwich
Grilled Chicken

Baked Beans
Fries
Tropical Fruit

16
Cheese Burger
PBJ-Cheese St- Goldfish

Lettuce / tomato
Baked Beans / Fries
Applesauce

23
Pig In A Blanket
BBQ Riblet

Baked Beans
Fries
Tropical Fruit

30
Hot Ham and Cheese
Breaded Chicken

Baked Beans/ Fries
Tropical Fruit

Thursday

3
Chicken Strips / Roll
PBJ: Yogurt -Goldfish

Mashed Potato & (W) Gravy
Peas
Fresh Fruit

10
Chicken Strips / Roll
PBJ: Yogurt -Goldfish

Mashed Potato & (B) Gravy
Green Beans
Fresh Fruit

17
Chicken Strips / Roll
PBJ: Yogurt -Goldfish

Mashed Potato & (W) Gravy
Peas
Fresh Fruit

24
Chicken Strips / Roll
PBJ: Yogurt -Goldfish

Mashed Potato & (B) Gravy
Green Beans
Fresh Fruit

31
Chicken Strips / Roll
PBJ: Yogurt -Goldfish

Mashed Potato &(W) Gravy
Peas
Fresh Fruit

Friday

4
Pizza
PBJ: Cheese St / Goldfish

Salad Bar
Fresh Oranges
Rice Krispy Treat

11
French Toast & Sausage
PBJ: Yogurt -Goldfish

Tri-Tater
Variety Juice
Muffin

18
Cheese Max Stick/ Marinara
PBJ: Yogurt / Goldfish

Salad Bar
Fresh Oranges
January Birthday Cake

25
Homemade Pizza
PBJ: Cheese St / Goldfish

Salad Bar
Fresh Oranges
Cookie

PBJ-Yogurt-Goldfish served as an Entrée everyday!

