



School Information: We are currently operating under the USDA waiver allowing us to provide meals for free to our students.



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



Deli Sub sandwich
Or Pizza
Lettuce/tomato
Sweet potato fries
Diced peaches
Milk Choice **5**

Beef, bean, cheese burrito
Or Cheeseburger
Salsa
Mexicali corn
Orange wedges
Milk Choice **6**

Stromboli
Or Spicy Chicken Sandwich
Marinara sauce
Caesar Salad
100% whole fruit frozen cup
Milk Choice **7**

No School **1**

No School **2**

Pork Fritter Sandwich
Or Quesadilla
Baked beans
Cucumbers
Applesauce
Milk Choice **8**

Mozzarella sticks
Marinara sauce
Or Corn dog
Steamed peas
Fresh Grapes
Milk Choice **9**

Hot Ham & Cheese
On a Bun
Or Calzone
Ranch Potato Wedges
Baby carrots
Applesauce
Milk Choice **12**

Stuffed Crust
Pepperoni Pizza
Or Hamburger
Romaine Salad
Orange wedges
Milk Choice **13**

Chicken Fries
Or Chicken wrap
Mashed potatoes W/ gravy
Steamed Broccoli
Cinnamon Apple slices
Whole Grain Dinner Roll
Milk Choice **14**

Mac & Cheese
BBQ Meatballs
Or Totchos
Bread
Green beans
Fresh Fruit choice
Milk Choice **15**

Taco burger
Or Rib Sandwich
Chips & Salsa
Refried beans
Romaine ribbons
Tropical fruit salad
Milk Choice **16**

Yummy Sloppy Joe
Or Pizza
Roasted Red potatoes
Red pepper slices
Apple wedge
Milk Choice **19**

Mini Pancakes
Eggs
Or Cheeseburger
Sweet potato puffs
Cucumber slices
Cinnamon Applesauce
Milk Choice **20**

Super Nachos
Or Spicy Chicken Sandwich
Salsa
Romaine salad
Fresh Mixed fruit cup
Cinnamon Puff
Milk Choice **21**

Sweet & Sour chicken bowl
With brown rice
Or Quesadilla
Baby carrots
Mango cubes
Milk Choice **22**

Pizza sticks
Marinara Sauce
Or Corn dog
Crisp corn
Fresh Grapes
Milk Choice **23**

Hamburger on a bun
Or Calzone
Lettuce/Tomato/Pickles
Oven Fries
Peach slices
Milk Choice **26**

Grilled Chicken Sandwich
Or Hamburger
Lettuce/Tomato
Fresh veggies with dip
Strawberries & Bananas
Milk Choice **27**

Beef Fingers
Or Chicken Wrap
Mashed potatoes & Gravy
Green beans
Fruit Cocktail
Blueberry Oat muffin
Milk Choice **28**

Baked Chicken Drumstick
Or Totchos
Oatmeal Roll w/ Jelly
Carrot coins
Cinnamon Apple slices
Milk Choice **29**

Chicken Tetraxini
Garlic Bread
Or Rib Sandwich
Romaine salad
Apricot halves
Milk Choice **30**