

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cinnamon Toast Crunch Bar String Cheese Fruit Cup	2 Cereal Yogurt Mixed Fruit	3 Cinnamon Roll Cheese Cubes Peaches	4 French Toast Syrup Applesauce	5 Breakfast Pizza Mandarin Oranges
8 Poptart String Cheese Pears	9 Cereal Yogurt Applesauce	10 Muffin Cheese Cubes Pineapple	11 Pancakes Syrup Pears	12 Cheese Omelet Hashbrown Patty Mixed Fruit
15 Nutri-Grain Bar String Cheese Peaches	16 Cereal Yogurt Fruit Cup	17 Cinnamon Roll Cheese Cubes Mandarin Oranges	18 Pancakes Syrup Pears	19 Cheese Omelet Muffin Peaches
22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL		

An easy way to boost activity: “Take the stairs. The elevator may go up — but it doesn’t make your heart rate climb. Take the stairs when you can, even if just for a floor or two. And don’t ride the escalator – climb it.” (American Heart Association)

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger on Bun Tater Tots Baked Beans Mixed Fruit	2 Turkey and Gravy Over Biscuit Mashed Potatoes Green Beans Peaches	3 Walking Taco Salad Corn Applesauce	4 Chicken Strips Alfredo Pasta Carrots Salad Mandarin Oranges	5 Cheese Quesadilla Salsa Broccoli and Cauliflower Pears
8 Pulled Pork on Bun Sweet Potato Fries Baked Beans Applesauce	9 BBQ Meatballs Au gratin Potatoes Corn Pineapple	10 Grilled Cheese Tomato Soup Pears	11 Goulash Salad Green Beans Mixed Fruit	12 Calzone Marinara Broccoli Peaches
15 Chicken Patty on Bun Sweet Potato Fries Green Beans Baked Apples	16 Popcorn Chicken Mashed Potatoes w/ Gravy Peas Mandarin Oranges	17 BBQ on Bun Tater Tots Broccoli Pears	18 Corn Dog Nuggets French Fries Carrots Peaches	19 Hot Ham & Cheese on Bun Chips and Salsa Green Beans Mixed Fruit
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